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## Remembrance

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metroNEWS

LIONEL CIRONEAU/THE ASSOCIATED PRESS

## City opens up to Uber

### REGULATIONS

Bylaw expected by the end of Feb. 2016



**Helen Pike**  
Metro | Calgary

Calgary's city councillors have accepted recommendations for a hybrid system for both taxis and private for-hire vehicles, and to give bylaw talks an extension.

Council, who approved the recommendations Monday, now has to return with a bylaw no later than Feb. 22, after extension requests from both Uber and the city's cab companies.

"We will move as quickly as we need to move on ensuring we have the correct regulatory framework in place," said Mayor Naheed Nenshi, during the strategic council meeting.

In a media scrum later, Nenshi

said if Uber is a "responsible company" they would pull their product off the road until proper insurance is available.

Although unable to respond directly to the mayor's request, Uber Alberta's general manager Ramit Kar said if you're looking to ride Uber tomorrow, they'll be there — not hesitating to voice his disappointment the city is still pursuing legal action.

"We do over a million rides a month in Canada. Our insurance process and our claims process has worked every single time, the way that it's supposed to," said Kar.

Nenshi said his friends at Uber have known about their insurance problem for many months and have been working to fix it. The insurance product being worked on is "only months away" according to the mayor, which is why the city is baffled to see UberX, the popular ride-share option, come to Calgary before regulations and insurance.

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# Report shows most dangerous intersections for people, bikes

## TRAFFIC

### 2015 collision rate on likely decline: Expert



**Brodie Thomas**  
Metro | Calgary

The city's annual report on traffic collisions shows not all intersections are created equal in Calgary's downtown core.

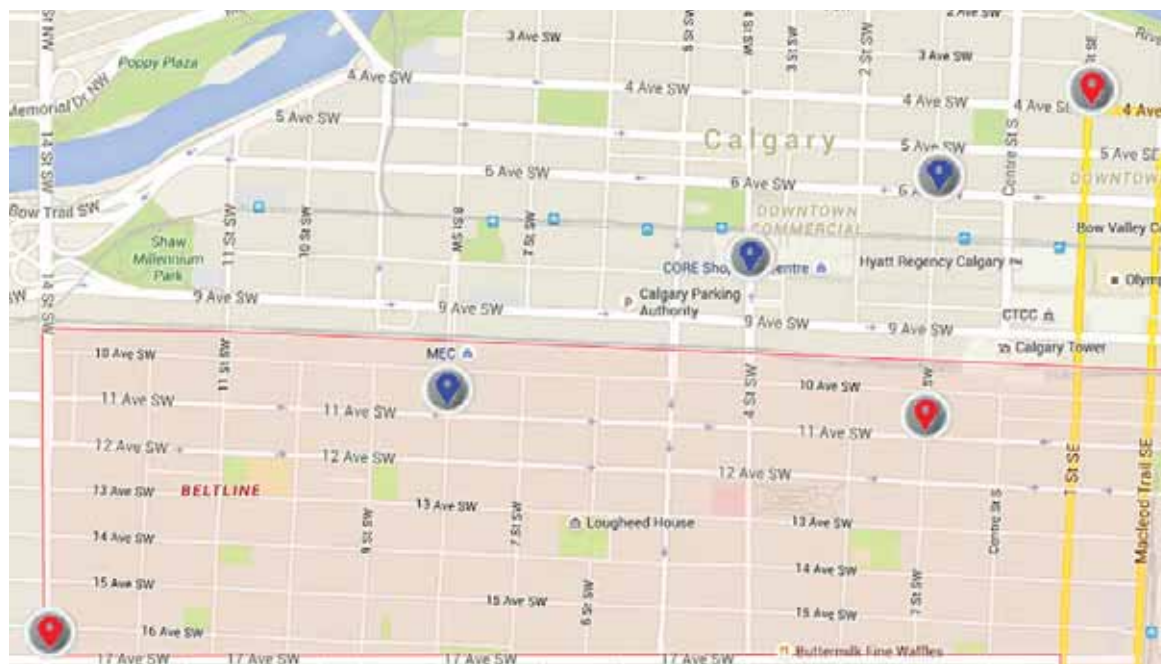
For pedestrians, there were three intersections that had between eight and 12 collisions in the course of a year. There were no fatalities in the three hot spots.

Likewise, bicycles had three intersections that stood out above the rest, with between four and six collisions. There hasn't been a cyclist fatality in Calgary since 2012.

Kimberly Nelson, VP of Bike Calgary, said most of those hot spots would align now with the new cycle track network, which opened in June of this year.

"I think we're going to see a reduction in (collisions) in 2015," she said.

She said many collisions are happening on 1st street SW, 1st Street SE and Macleod Trail — all of which were considered for an eastern north-south leg of a downtown cycle track. That section was not



**This map shows the worst intersections for vehicle accidents with pedestrians and bicycles in Calgary's downtown core. Each pedestrian marker in red represents 8-12 crashes, while each bicycle marker in blue represents 4-6. BRODIE THOMAS/METRO**

built.

Nelson notes that when this data was collected in 2014, there were no cycle tracks other than 7 Street SW, which had minimal collisions compared with other downtown streets.

"You can pretty much draw a direct correlation with proper, separated infrastructure



**A small investment in making underpasses safer and more attractive is well worth it.**

Counsellor Druh Farrell

and a reduction in collisions," said Nelson.

"Looking at this now, it's

kind of clear to me we can see where the accidents were happening. It was because

cyclists were on those busy connector roads that were going through the underpasses."

Coun. Druh Farrell agrees that cycle tracks make travel safer for cyclists and motorists alike, who have less fear of bumping into a cyclist.

As for the pedestrian collision hot spots, Farrell said the city will have to consider

those carefully to see what's happening.

"There's likely some design flaw in those locations," she said. "Part of the pedestrian strategy will be to triage the most dangerous areas and focus on those. The whole goal is to improve public safety."

Farrell said the city needs to be constantly looking at ways to make walking more attractive. She said little changes, such as fixing up underpasses don't cost much and do wonders for safety.

"Underpasses — they're in sorry state and yet we see huge numbers of pedestrians — so a small investment in making them safer and more attractive is well worth it."

**3**

Number of city intersections that had between eight and 12 pedestrian collisions. There were zero fatalities in the three locations.

**2012**

There hasn't been a cyclist fatality in the City of Calgary since 2012.

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## IN BRIEF

**Two-car crash leaves woman dead, man injured**

A woman is dead after a two-car crash southwest of Calgary early Monday.

According to EMS, paramedics responded to the collision at 7:18 a.m. Monday near Highway 22 and Plummerville Road (242 Avenue West). Upon arrival, they found a woman dead at the scene and a man who was assessed, treated and taken by STARS air ambulance to Foothills Medical Centre. EMS said his condition is serious, but believed to be non-life-threatening. RCMP are investigating the crash.

METRO

**Three charged in unlawful confinement**

Calgary police have laid charges against three men after they held a victim against his will over the weekend. The victim was heading home in a cab around 2 a.m. Saturday with a friend and stranger he had met. His friend left the cab and the victim continued to a residence in the northwest where he was held. Later that morning, the friend began receiving text messages and voicemails from his friend's cellphone, demanding money. Maldini Amadou, 19, Edward Gicheru Muthoni, 21, and Ruslan Dovjenko, 21, from Calgary, are each charged with one count of forcible confinement, aggravated assault, assault with a weapon, and extortion after they held an 18-year-old against his will. METRO

# Board meeting adds consent to sex ed

## EDUCATION

## Delegates, however, block discussion on LGBTQ policy



**Aaron Chatha**  
Metro | Calgary

Delegates at the Alberta School Boards Association's fall meeting voted in favour of adding the topic of consent to the Alberta sexual education curriculum but, to the shock of some school boards, they were blocked on debating a proposal to create policies to protect LGBTQ youth in schools.

**Sexual minorities**

The Edmonton Public School Board presented the motion to the floor, which needed the support of more than 66 per cent to be added to the agenda — but about 38 per cent voted against dealing with the motion.

"Our board was very disappointed that we didn't even have the opportunity to have the conversation about how important this is," said Joy Bowen-Eyre, chairwoman of the Calgary Board of Education Trustees. "We need to support our vulnerable students and we know that creating safe and caring learning environments, for all students, is critical to students' success."



**CBE chairwoman Joy Bowen-Eyre** is disappointed a discussion on a proposal to establish policies to protect sexual minorities in schools has been blocked at the ASBA's meeting. METRO FILE

Education Minister David Eggen, who has asked school boards in Alberta to draft a policy protecting sexual minorities, said the government expects the board to create caring and safe schools.

"Certainly, I am disappointed by the results of today's vote," he said. "I also know, however, that the Alberta School Boards Association has adopted a directive for action that will allow us to continue to work on coherent policies to

support all students, including those in LGBTQ community."

**Consent in sex education**

Following the vote, the ASBA will be talking to the government to get the topic of consent added to the sexual education curriculum.

"It's important, so every child understands that they have a right to say no," said Helen Cleese, ASBA president.

Hilary Jahelka, president of the Consent Awareness and

Sexual Education Club at the University of Calgary, said she was ecstatic with the decision.

"We need to teach that at a young age so people feel comfortable saying no and saying yes," she said. "Teaching that their body is their own, and they choose what they want to do with it."

Both Bowen-Eyre and Cheryl Low, trustee chairwoman of Calgary Catholic School District, said it's important to start these discussions early in life.

## IMMIGRATION

## Refugees welcome to city: Mayor



**Helen Pike**  
Metro | Calgary

Devastating attacks in Paris have put countries worldwide on high alert for screening and allowing refugees within their borders, but Mayor Naheed Nenshi told Calgarians the city will welcome refugees with open arms.

"I need to point out that the people who are desperate refugees are fleeing from the exact same people who perpetrated the kind of violence we saw in Paris and Beirut last week," said Nenshi.

"We need to be able to open our arms to make sure that we can provide safety to these folks," he added.

His statements echo those of Alberta Premier Rachel Notley, who stated the province is ready and willing to accept refugees on whatever timeline the federal government sees fit. She estimates Alberta could be taking in anywhere from 2,500 and 3,000 refugees.

Nenshi said he didn't agree with the conclusion of slowing down a process to bring in refugees.

"The right way to do this is to get the right screening in place, and the number of refugees that are accepted are an outcome of the screening as opposed to starting with the number," said Nenshi.

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# #Muslims urge education

## SOCIAL MEDIA

### Hate speech is routine again for online community



**Aaron Chatha**  
Metro | Calgary

In the days since the Paris attacks, #Muslims has been trending and Calgarian Umair Sajid has noticed a shifting trend in social media – in between swallowing the negative comments and hate speech, younger Muslims are saying ‘No more apologizing.’

“When you’ve grown up with this sort of thing – I’ve lived my whole life in Canada – it’s not hurtful, it’s just frustrating,” said Sajid, of the negative comments and memes.

It’s not an uncommon cycle – since experiencing the backlash against Muslims after 9/11, and again after tragedies like the London bombings and Charlie Hebdo early this year, Sajid said



**Umair Sajid, raised in Calgary, said it's not hurtful, but frustrating to see the negative conversations toward Muslims happening on social media.** AARON CHATHA / METRO

the online backlash has become almost normal.

However, over the course of this weekend, Sajid said some younger Muslims are saying it’s not their responsibility to apologize for the attacks.

“This time around I liked that people were posting things about, no more apologizing,” he said. “Every time something like

“It should be the community’s responsibility to help (educate) people.”

Steven Engler

this happens, you see the head of local mosques and stuff go to the local paper and say we condemn this. But we’re coming to the point where I think a lot of younger Muslims feel it’s not their responsibility to be condemning anything like this. If this was a larger group from some other sect, it wouldn’t be implicated on them.”

Steven Engler, professor of Religious Studies at Mount Royal University, agreed while there are some expectations on religious authorities, apologizing shouldn’t be one of them.

“It should be the community’s responsibility to help (educate) people, if the people are generalizing about Muslims in general on the basis of actions of a small minority,” Engler said.

“There is a point there, that Muslims should not have to apologize because it’s not their problem, it’s the problem of a small minority – in the same way that Christians shouldn’t apologize when Christian extremists assassinate doctors who perform abortions. You don’t hear the Pope apologizing for that.”

Sajid said despite the negative, it’s reassuring to see Canadians spreading positive messages online as well.

He said the conversation shifted to the refugee crisis, and while many memes ignore the issues of what caused those people to become refugees in the first place, people have learned from previous news cycles and even non-Muslims are quick to share information.

## ELECTIONS ALBERTA

### PC delay results in fines



**Ryan Tumilty**  
Metro | Edmonton

The Alberta Progressive Conservative party faces fines and other penalties because of delays in filing its financial statements.

The party filed statements mid-afternoon Monday that were initially due on Nov. 5. The Tories had filed before the initial deadline, but the Chief Electoral Officer found problems and sent them back. The party’s executive director Troy Wason said they had some issues, but believe everything will now be resolved.

“I am confident that the Chief Electoral Officer will sign off on it,” he said.

Wason said the party was taking donations and selling memberships through PayPal, which made it difficult to sort out all the donations after the fact.

Elections Alberta spokesman Drew Westwater confirmed the statement had been delivered sufficiently, but said there would still be a penalty.

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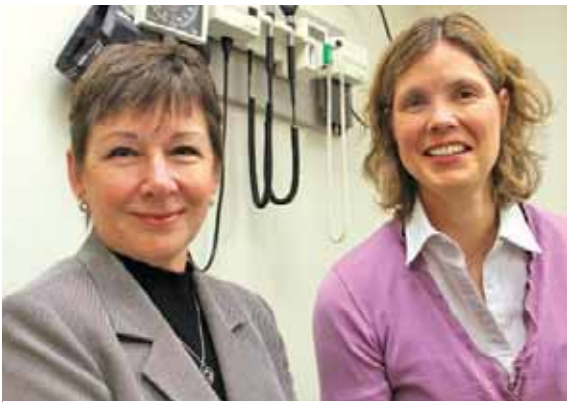
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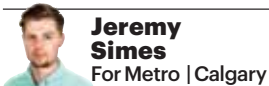
Though they felt a little nauseous after their surgeries, both Glenda Bonney and Kirsten Boulay felt it was nowhere near as severe as what they experienced in previous procedures.

JEREMY SIMES/FOR METRO

# Pilot eases surgery recovery

## BREAST HEALTH

### ERAS practices allow patients to go home day of procedures



Jeremy Simes  
For Metro | Calgary

After receiving a single mastectomy on her left breast, Glenda Bonney still remembers feeling almost alien when looking at her reflection.

"I wanted to be me again," she said. "As long as I was missing part of my chest, I didn't feel normal. I didn't feel feminine."

So, Bonney decided to take it upon herself to go under the knife for breast reconstruction, partaking in a newly developed pilot study called the Enhanced Recovery After Surgery (ERAS) program.

ERAS is a set of practices that help patients feel better much quicker, while shortening hospital stays.

With the program, patients

receive anti-nausea and anti-inflammatory medications before surgery, and then different types of anesthetics and pain medications before and after surgery, meaning doctors can prevent post-operative nausea.

Bonney said there was some nausea after waking up from reconstructive surgery, though it was nowhere near as severe compared to recovering from her single mastectomy.

"I almost felt alert after the (reconstructive) surgery," she said.

With ERAS, patients also have the opportunity to go home on the same day, which could free up 1,600 bed days per year.

The study involved 29 patients of Dr. Claire Temple-Oberle, who specializes in breast reconstruction with implants.

All patients in the study saw no increase in post-operative complications using ERAS protocols when discharged on the same day, she said.

Kirsten Boulay, who received a double mastectomy and reconstruction with implants, said recovering at home was amazing.

"It was just nice to be in my own bed," she said. "Hospitals are not fun places to be."

## COURT

### Scud Stud dud comments defamatory: Lawyer

The lawyer for a former television war correspondent known as the "Scud Stud" says he intends to prove his client's reputation was damaged by a "false article" that failed to meet even "ordinary journalistic standards."

Arthur Kent, 61, is suing Postmedia, the National Post and former columnist Don Martin over a column that ran when Kent was campaigning to win the constituency of Calgary Currie as a star candidate for the

Progressive Conservatives in the 2008 provincial election.

The trial, which has been in the offing for seven years, got underway Monday in front of a judge, jury and a gallery packed with onlookers.

The Alberta-born Kent rose to international prominence and acquired his nickname when he reported for NBC during the 1991 Persian Gulf War. He often went live on the air from a hotel rooftop as Iraqi Scud missiles were launched into Saudi Arabia.

Kent was narrowly defeated in the 2008 election after a hard-fought campaign in which a piece by Martin appeared under the headline "Alberta's 'Scud Stud' a 'Dud' On Campaign Trail."

The column, which was published in several newspapers that were part of what was then the CanWest chain, described Kent as "a hunky bear-witness reporter" who "got female hearts pumping."

It suggested that the Kent

campaign was in complete disarray, that the candidate was not co-operating with the PC party and that key campaign members were threatening to quit.

"It is defamatory if it is likely to lower a person's reputation in the estimation of a reasonable person and in particular where that statements causes that person to be regarded in terms of ridicule, contempt or dislike," Kent's lawyer, Kent Jesse, said in his remarks.

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## CIVIC ENGAGEMENT

### Calgary woman shortlisted for community award

Calgarian Cheri Macauley has been shortlisted for the 2015 Everyday Political Citizen of the Year awards.

The awards are run by Samara Canada, an organization that works to increase civic engagement in Canada. Macauley was shortlisted

for her many civic efforts in Calgary, according to Samara Canada in a press release.

Macauley founded Civic Camp and was an inaugural member of Mayor Naheed Nenshi's civic engagement committee.

The winners will be announced on Dec. 3. METRO



# Contractors may foot bill for poor concrete

## CITY HALL

### Motions pass unanimously on assigning responsibility



**Brodie Thomas**  
Metro | Calgary

The City of Calgary is going to do more to hold contractors responsible for damage done to public property as well as poor-quality concrete.

Coun. Druh Farrell brought forward the two motions at council on Nov. 8. They passed unanimously.

She said she has seen too many instances of contractors leaving a mess for the city and taxpayers to clean up.

"We have binders of photographs of public damage," said Farrell. "I had been trying to



**A section of sidewalk that has stood the test of time for more than 100 years. The city wants more recourse in going back to contractors when concrete doesn't last for more than a few years.** COURTESY DRUH FARRELL

work through the process over a couple years on this. I wasn't seeing a lot of progress. There are a handful of repeat offenders."

Farrell said the city didn't have a process in place to re-

cord instances of damage and assign responsibility.

One example was of a torn-up alleyway in the community of West Hillhurst.

Brent Alexander, president of the West Hillhurst Com-

munity Association, said the laneway behind a recent development in his area was left almost unusable.

"There's no recourse, and nobody seems to respond to the citizens' request for the city to come check it out or do anything about it," he said.

Alexander said it's good to have the bylaw, but the devil will be in the details and he will wait to see if it can make a difference.

Farrell's motion on concrete noted that many modern concrete projects have a much shorter lifespan than some older sidewalks.

As with contractor damage, she thinks the city needs a policy to make sure it gets value for money from contractors or make them foot the bill for repairs.

Both motions call on administration to find alternative solutions to the problems and report back to council no later than September 2016.

## BEER

### Ontario brewer opts out over hike



**Ryan Tumilty**  
Metro | Edmonton

An Ontario brewer is cutting Alberta off from his products and blaming the NDP's changes to beer mark-ups for the decision.

Gary McMullen, president of Muskoka brewing, said the changes the NDP introduced make it impossible for him to compete in the west, so for now at least he won't try.

"It makes the sale of our product kind of untenable," he said. "It starts to create an unlevel playing field between craft beers."

Brewers pay mark-ups based on the size of their operation, but the changes the government introduced in October treated craft brewers from outside of British Columbia, Alberta or Saskatchewan just like major global players like Budweiser, Molson or Labatt. The mark-up on craft brewers

from outside the province went from \$0.20 per litre up to \$1.25 per litre.

McMullen said that effectively adds \$2.00 to the price of a six-pack and would make it impossible to compete. He said he suspects other brewers will leave the province as well because Alberta's market will no longer be fair.



**It starts to create an unlevel playing field.**

Gary McMullen

Marion Nader, spokeswoman for Finance Minister Joe Ceci, directed questions to the AGLC.

AGLC spokeswoman Megan Thorburn said the government wanted to encourage the province's craft beer industry when it changed the rules. "Alberta's small brewer mark-up is in place to help small craft Alberta brewers, create Alberta jobs and spur our economy," she said.

She declined to comment on Muskoka's specific business decision and said reversing the increase would be a decision for government, not the AGLC.

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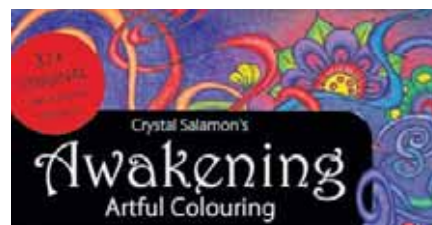


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ILLUSTRATION COURTESY CRYSTAL SALAMON/FOR METRO



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Quebec Immigration Minister Kathleen Weil speaks at a news conference in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

# Provinces to bring in 16,000 refugees

## IMMIGRATION

### Ontario and Quebec proceed amid security fears

The federal Liberals are still days away from revealing their plans to bring in 25,000 Syrians by the end of the year, but Canada's two largest provinces say they're ready to bring in 16,000 refugees.

Quebec is pressing ahead with a plan to accept nearly 6,000 refugees despite the public's "legitimate worries" about security, Kathleen Weil, the province's immigration min-

## + SECURITY

### Attacks raise questions

The terrorist attacks in Paris has led to questions about how France's intelligence agencies could have missed the plot and whether other countries could be more vigilant.

Michel Juneau-Katsuya, a former senior intelligence officer with the CSIS, said the nature of the threat is that they can strike anywhere, anytime, so the source of the problem needs to be tackled. METRO

ister says.

Weil, Minister of Immigration, Diversity and Inclusiveness, says Quebec's plan is to resettle about a quarter of the refugees the newly elected federal Liberal government has committed to bringing into the country by year's end.

That works out to about 5,750 people, all of whom will undergo a criminal background check and health checks, in addition to being screened by Canada's national security agencies.

Ontario, meanwhile, is expected to receive some 10,000

refugees by the end of 2016. Health Minister Eric Hoskins said Queen's Park is working closely with federal counterparts to determine where and when the refugees will be settled.

Weil also addressed the security concerns in the wake of the attack, but said it is important Quebecers understand the "profile" of those the government will be bringing in.

"They are people who are fleeing violence. They are people who are fleeing the exact same acts of terrorism that we saw in Paris," she said. "They are people who are very vulnerable, who are worried, who are searching for a haven of peace." TORSTAR NEWS SERVICE

## SASKATCHEWAN

### Premier wants PM to put plan on hold

Saskatchewan Premier Brad Wall is citing safety concerns for his wanting the federal government to suspend its plan to bring in 25,000 Syrian refugees by year's end.

Wall said in a letter to Prime Minister Justin Trudeau he is worried that fast-tracking refugee claims could undermine the screening process.

"I do believe that if there's a chance that even only one person would use the refugee process to come into this country with a plan to do ill, to do bad things in Canada to Canadians, that's worth it, that's worth some circumspection," Wall said in Regina on Monday.

The premier said in his letter that the attacks in Paris are a grim reminder of the death and destruction even a small number of "malevolent individuals can inflict upon a peaceful country and its citizens."

Gunmen and suicide bombers killed 129 people and injured about 300 in the French capital on Friday night.

Wall would like the government to re-evaluate its goal and what's being put in place to achieve it.



Saskatchewan Premier Brad Wall. THE CANADIAN PRESS FILE

The premier said Canada should take in refugees, but security should be "first and foremost" the concern for the provincial and federal governments.

"We're driving towards a date 45 days from now ... and I don't think it should be driven by a deadline and a quota. It should be driven by how do we do this safely and how do we make sure settlement happens effectively."

THE CANADIAN PRESS

## IN BRIEF

### Canadian injured in Paris attacks: Foreign Affairs

A Foreign Affairs spokeswoman says a Canadian was injured during the Paris terrorist attacks on Friday. Diana Khaddaj said Canadian consular officials in Paris are in contact with the family of the Canadian and are providing assistance. She said no other information is being released for privacy reasons. The coordinated gun and bomb attacks left 129 people dead and 350 wounded.

THE CANADIAN PRESS

### Canada will play active role in terror fight: Trudeau

Prime Minister Justin Trudeau has told his fellow G20 leaders in Antalya, Turkey, that Canada will continue to make a strong military contribution in the fight against Islamic militants. Trudeau said Canada will concentrate its military contribution on strengthening efforts to train Kurdish fighters for their ground war against the Islamic State of Iraq and the Levant (ISIL).

THE CANADIAN PRESS



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# Paper misidentifies Sikh Canadian as a terrorist

## Paris Doctored Twitter image went viral

A Spanish newspaper mistakenly identified a Sikh Canadian man as "one of the terrorists" behind the Paris attacks after a doctored image went viral online.

La Razón newspaper apologized for printing Veerender Jubbal's photo on its Nov. 15 front page with the caption "one of the terrorists."

Jubbal, a 21-year-old from Brampton, said the "past 48 hours have been deeply disturbing" in a statement to Torstar News Service.

He highlighted the broader impact of the image going viral for the Sikh community, which he says has "faced significant violence and discrimination" in the aftermath of major terrorist



Canadian Veerender Jubbal, shown in a photo from Twitter, took to the social network after an altered photo of him began surfacing in international media with captions identifying him as a terrorist. THE CANADIAN PRESS/TWITTER

attacks such as the one on Friday.

"I ask that the media outlets that ran my image immediately retract my photo and apologize, but also take the time to learn and educate their readers about the Sikh faith," he continued.

The original image, which Jub-

bal shared on Twitter in August, shows him taking a selfie with an iPad in front of a bathroom mirror. The edited image appears to show Jubbal holding a Quran and wearing a vest laden with explosives, with a sex toy in the background.

"When we paint entire faiths and communities with the same brush stroke, we further give terrorists exactly what they want," Jubbal said in Monday's statement. "This false image is an opportunity for all of us to hopefully grow together in our shared

understanding for one another."

Jubbal's doctored image was also shared by Italian television channel and Fox affiliate Sky TG24, with the caption: "ISIS sent a photo of the alleged kamikaze."

Twitter user @Danchrism pointed out the obvious flaw in the edited image.

"This should have all fallen apart instantly," he wrote. "If he's holding the Quran, what the hell took the picture?"

The image was created and tweeted as early as Aug. 15.

"People are editing and Photo-shopping my selfies as if I am one of the people causing the issues/problems in Paris," Jubbal said in a Saturday post that received more than 3,000 retweets.

"Let us start with the basics. Never been to Paris. Am a Sikh dude with a turban. Lives in Canada," he tweeted. He posted that his family in India phoned to say they had seen it in the India Times and he was currently contemplating whether to sue.

TORSTAR NEWS SERVICE

### CANADA INSTITUTE

## Gary Doer gets new role

Gary Doer is about to help advise a think-tank, the latest step in a winding career path that took him from being a Winnipeg corrections officer, to union leader, Manitoba premier and ambassador to the United States.

The soon-to-be-former diplomat said Monday his plans upon leaving the ambassadorship will include volunteering with a Washington-based institute that focuses on Canada-U.S. relations.

Doer will co-chair the advisory committee to the Wilson Center's Canada Institute, which shares research about bilateral issues and invites speakers to events in the American capital.

THE CANADIAN PRESS



Canadian ambassador to the United States Gary Doer.

THE CANADIAN PRESS FILE

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**A couple kisses in front of the Eiffel Tower**, illuminated in the French colours in honour of the victims of the attacks on Friday. This week, the City of Love is perceived by many as a febrile place — easily moved to tears, compassion or panic. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

# Where 'love will conquer'

## Paris City brimming with makeshift shrines heads back to routine

After a weekend of horror, Paris returned to the routines of the work week Monday with determination, defiance — and worry.

Rush-hour subway trains were full, shops were open, and office workers lined up for sandwiches or ate lunch on café terraces.

But this is also now a city dotted with makeshift shrines: carpets of flowers and candles,

photos of lost loved ones and handwritten notes near the spots where gunmen and suicide bombers killed 129 people enjoying a fall Friday evening in the city.

Parisians stopped by throughout the day to honour the dead, many vowing that their city would remain its incomparable self — the sensual, tolerant, life-loving metropolis of the world's imagination.

"I am afraid, but not enough to stay at home, not moving," said Stephanie Cohen, a bank employee from suburban Paris.

Others worried that the attacks would change Paris forever.

"I was there (in New York) when 9-11 happened — and, to

tell you the truth, it did change my life," said Gary Berrios, a student originally from New York. "It changed everyone's life. We don't see the world the same way any more."

At the Place de la République in the heart of the city, a monument to France stood surrounded by flowers, candles and notes. Handwritten cards had been left in French and English, Polish and Vietnam-

**"I am afraid, but not enough to stay at home, not moving."**

Stephanie Cohen

ese — a reminder that Paris is a city that the world has taken to its heart.

"Love will conquer," said more than one sign — a vow, or perhaps a wish, from the City of Love.

Outside the Bataclan theatre, where 89 people died when attackers gunned down young concertgoers, a banner vowed: "Freedom is an indestructible monument."

There and outside the bars and restaurants where dozens more died, residents paused to lay flowers, light candles or simply stand quietly. Even as the bustle of everyday life reasserted itself, Paris was a city of thousands of silent prayers.

THE ASSOCIATED PRESS

## + 'BARBARIANS'

### France seeks coalition

France wants to unite with the U.S. and Russia in a grand coalition dedicated to smashing the Islamic State of Iraq and the Levant, French President Francois Hollande told lawmakers Monday in a rare joint session in the Palace of Versailles. "In my determination to combat terrorism, I want France to remain itself. The barbarians who attack France ... will not make it change," Hollande declared.

THE ASSOCIATED PRESS

## BRUSSELS

## Region hit hard by poor rapport

There is just one café left near Molenbeek's Place Communale square where you can buy Belgium's national drink — beer.

Instead, stores on the square and the narrow streets that lead off it mostly sell North African food and Islamic robes and head scarves.

In the aftermath of the deadly attacks on Paris, the densely populated Brussels neighbourhood of just under 100,000 has gained a reputation as one of Europe's pre-eminent breeding grounds for jihadis, and preferred stop for extremists.

Police arrested three suspects in the impoverished neighbourhood on Saturday, and French officials on Monday identified Abdelhamid Abaoud, who grew up there, as chief architect of the attacks on a rock concert, a soccer game and popular nightspots in one of Paris' trendiest districts.

Molenbeek has soaked up so many waves of migrants in recent decades that its Belgian identity has been all but washed away.

Reda Ben Baghdad, who described himself as a Belgian who was born and raised in Molenbeek, rejected claims that the neighbourhood is a hotbed of radicalization.

"I've lived here for 35 years. I'm not a jihadi," he said.

THE ASSOCIATED PRESS



**Armed police guard a street in Brussels on Monday.**

GEERT VANDEN WIJNGAERT/  
THE ASSOCIATED PRESS

## UNITED STATES

## Several states plan refugee halt

Several U.S. governors are threatening to halt efforts to allow Syrian refugees into their states in the aftermath of the terrorist attacks in Paris, and, at least one is asking the White House for more information on plans to allow refugees into the country.

President Barack Obama's administration has pledged to accept about 10,000 Syrian refugees in the next 12 months.

Republican presidential candidates have criticized the plan.

**"I will not stand complicit to a policy that places citizens in harm's way."**

Alabama Gov. Robert Bentley

Here's a look at where some states stand:

**Michigan:** Gov. Rick Snyder said Sunday that the state

is postponing efforts to accept refugees until federal officials review security procedures and clearances.

**Texas:** Gov. Greg Abbott on Monday ordered Texas' refugee resettlement program not to accept any more Syrians in the wake of the Paris terrorist attacks.

**Alabama:** Fellow Republican Gov. Robert Bentley announced Sunday that he would refuse Syrian refugees relocating to the state. THE ASSOCIATED PRESS

## G20

## World leaders discuss anti-terrorism efforts

World leaders vowed Monday to boost intelligence-sharing, cut off terrorist funding and strengthen border security in Europe, as they sought to show resolve and unity following the deadly terror attacks in Paris.

While the summit resulted in plenty of tough talk of the attacks, the G20 leaders spoke mostly in broad strokes of their pledges to intensify the anti-terrorism campaign.

U.S. President Barack Obama resisted calls to escalate U.S. military action and open a large-scale ground war, saying he would instead intensify the American-led airstrike campaign.

Added German Chancellor Angela Merkel: "We agreed that the challenge can't just be tackled with military means, but only a multitude of measures." THE ASSOCIATED PRESS

## IN BRIEF

### Anonymous hackers vow cyber war on ISIL

Global hackers' group Anonymous has declared a cyber war against the Islamic State of Iraq and the Levant (ISIL). In a YouTube video describing members of ISIL as "vermin that kill poor innocents," the Anonymous member said the hackers would track down members of the extremist group. "We will launch the biggest operation ever against you," the member said. TORSTAR NEWS SERVICE





A Palestinian protester uses a slingshot to hurl stones toward Israeli security forces during clashes in the Palestinian town of al-Bireh on the outskirts of Ramallah in the Israeli-occupied West Bank. ABBAS MOMANI/ABBAS MOMANI/AFP/GETTY IMAGES

## Two dead in West Bank

### ISRAEL/PALESTINE

#### Tensions still rising after shootout in refugee camp

Clashes between Israeli forces and Palestinian demonstrators erupted in a West Bank refugee camp overnight Monday after Israeli forces arrived to demolish the home of a Palestinian militant, leaving two Palestinians dead.

It was the latest bloodshed in a two-month wave of violence between Israelis and Palestinians.

Amid the unrest, Israel recently renewed a policy of demolishing homes belonging to Palestinians accused in deadly attacks. Israel says the policy deters attacks, but critics say the tactic amounts to collective punishment.

In Monday's violence, the Israeli military said troops entered the Qalandiya refugee camp on the outskirts of Jerusalem to de-

molish the home of Muhammad Abu Shaheen, a Palestinian who the army says fatally shot an Israeli motorist in the West Bank this summer. Abu Shaheen is now in an Israeli prison.

After the troops arrived, hundreds of Palestinians gathered and many threw firebombs and rocks as the Israeli forces demolished the home, and troops fired rubber bullets, tear gas and stun grenades to disperse the protesters, the military said.

According to Palestinian Health Ministry spokesman Mohammed Awawdeh, a 21-year-old and a 28-year-old were killed in a shootout. THE ASSOCIATED PRESS

### + BORDER DEAL

A senior Palestinian official on Monday said the Palestinian Authority has reached an agreement with Egypt to reopen the Gaza Strip's main border crossing in an arrangement meant to bypass the Hamas rulers.

### MINNEAPOLIS

## Mayor requests probe into shooting

Community members and activists demanded Monday that Minneapolis police identify an officer who shot a black man suspected in an assault and release video of the incident.

Witnesses to the shooting early Sunday said the man was handcuffed when he was shot, sparking protests and an overnight encampment outside a police precinct on the city's north side. Police said a preliminary investigation showed the man

was not handcuffed. The state's Bureau of Criminal Apprehension is investigating.

Authorities did not immediately release the name of the man, but family members identified him as Jamar Clark, 24, and said he was on life support. His father, James Hill, told The Associated Press that his son had suffered a single gunshot wound over his left eye.

"None of our children deserve to be shot and killed and then



**None of our children deserve to be shot and killed and then talked about like they are animals.**

Bettie Smith, community activist

talked about like they are animals," Bettie Smith, whose son Quincy Smith died in a 2008 confrontation with police, said at a news conference outside the north Minneapolis precinct.

"Unless the community steps up to help us out, it will continue. Each and every one of us out here would be held accountable if we murdered someone," she added.

THE ASSOCIATED PRESS

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### IN BRIEF

#### Five people slain overnight in Burundi's capital city

Three grenades exploded Monday in different parts of Burundi's capital following a night of violence in which five people, including a policeman, were killed. The international community is urging political talks to end the killings. THE ASSOCIATED PRESS

#### Swedish government, parliament receive threat

Swedish security officials say they have received a threat of attacks against the prime minister, the government and parliament. Sweden's security service told reporters that the email said the threat would be carried out on Tuesday.

THE ASSOCIATED PRESS

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# Spy on trial for treason

## ESPIONAGE

### German man admits he sold info to CIA out of boredom

A 32-year-old former German spy has admitted to providing classified information to the CIA, saying he acted out of boredom and frustration, the dpa news agency reported Monday.

Markus R., whose last name wasn't given in line with German privacy laws, made the confession at the opening of his trial at Munich's state court.

He is accused of treason, violating Germany's official secrets regulations and corruption, charges that carry a penalty of one year to life if he is convicted.

The case heightened diplomatic tensions between Germany and the United States — already fraught because of reports about U.S. surveillance of Chancellor Angela Merkel's cellphone — and led Germany to request the removal of the CIA station chief in Berlin.

Prosecutors allege that R.



**Defendant Markus R. (no full name given due to German law), a former employee of Germany's foreign-intelligence agency, BND, waits for his trial for espionage in a courtroom in Munich, Germany.** CHRISTOF STACHE/POOL VIA THE ASSOCIATED PRESS



**I had the impression that I wasn't considered very capable.**

Markus R., defendant

court that he joined Germany's foreign-intelligence agency BND by chance after randomly sending applications to several companies and government bodies.

"At the BND I had the impression that I wasn't considered very capable," dpa quoted him as saying in court.

R. added that he felt the CIA appreciated his work. "I would lie if I said that I didn't like that," he told the court, according to dpa.

He was arrested in 2014, shortly after sending an unencrypted email to the Russian consulate in Munich offering three BND documents. THE ASSOCIATED PRESS

## IN BRIEF

### Lamar Odom may receive felony drug charges

Prosecutors are considering a felony drug charge against Lamar Odom after the former NBA star was found unconscious at a Nevada brothel. Authorities investigating a possible cocaine overdose by Odom got a warrant on Oct. 13 to take a blood sample while he was hospitalized in critical condition after a weekend at the Love Ranch brothel in Crystal, Nev.

THE ASSOCIATED PRESS

### Six dead at Texas camp site; suspect charged

Six people were killed at a Texas campsite and a suspect has been arrested and charged in the weekend homicides, authorities said Monday.

William Hudson, 33, is charged with one murder count and is being held on \$2.5-million bond. It was not immediately clear whether he had an attorney who could comment on the allegations. Authorities have not yet revealed a motive for the slayings or said how the people were killed.

THE ASSOCIATED PRESS

Tuesday, November 17<sup>th</sup>

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**TECHNOLOGY LET THE ROBOT WARS BEGIN** Japan's Suidobashi Heavy Industries has taken up a California-based startup's challenge to a battle for robot supremacy. Megabots will pit its 4.5-metre Mark II, pictured above with founders Brinkley Warren, Matt Oehrlein and Gui Cavalcanti, against Japan's four-metre Kuratas next year. A Kickstarter campaign has raised \$550,000 US to turn the Mark II into a meaner fighting machine. THE ASSOCIATED PRESS

# Aid donors call for a new deal

## SYRIAN CRISIS

### Allow refugees to work, host governments being urged

Bold new ideas for helping Syrian refugees and their overburdened Middle Eastern host countries are gaining traction among international donors, shocked into action by this year's migration of hundreds of thousands of desperate Syrians to Europe.

Rather than struggling to gather humanitarian aid for refugees, the plans centre around investing billions of dollars, much of it to be raised on financial markets. The money would go for development in countries such as Jordan and Lebanon to improve lives for both their own populations and refugees.

More controversial is a de-

mand by some in the aid community that, in return for such a "Mideast Marshall Plan," Jordan and Lebanon must allow Syrian refugees to work, integrating them more into society. The host countries, however, point to high domestic unemployment in arguing they cannot put large numbers of refugees to work legally.

The mass influx of Syrians to Europe has drawn attention to long-ignored warnings that the traditional aid approach has fallen short in the most devastating refugee crisis in a generation, said regional chief of

the World Bank, Ferid Belhaj. Under the traditional approach, the UN and other international agencies are the main pillar of care for refugees, either by financing camps to house them or by providing them food aid and stipends to live off of.

But donor funds are waning as the Syrian refugee crisis drags on with no end in sight for a war now in its fifth year. The year's aid appeal of \$4.5 billion for more than four million refugees and host nations is less than half-funded.

Separately, the World Bank is working on new ideas for raising billions of dollars for large-scale investments.

The plan aims to help host countries build infrastructure, right their economies and deal with the steep costs from the refugee population. Eventually, it would expand to rebuild war-stricken Syria, Libya and Yemen.

THE ASSOCIATED PRESS

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Lebanon, a country of four million citizens, has more than one million refugees. Jordan, with 6.4 million citizens, has more than 600,000 refugees.

## NEW JERSEY

### Mall demands kids pay to see Santa

Children wanting to see Santa Claus at a southern New Jersey mall will now have to pay.

The Philadelphia Inquirer reports admission to the Cherry Hill Mall's Adventure to Santa costs between \$35 US and \$50 US. The packages come with photos or video of the visit.

The move has sparked anger from many parents, some of whom say the charge inherently pushes away low-income families, which they say runs counter to the spirit of the holiday.

Pennsylvania Real Estate Investment Trust, which manages the mall, says the exhibit is one of only 12 Adventure to Santa attractions in the country. The attraction was free last year.

The display features characters from the Shrek movies, a virtual sleigh ride, a concert



Parents are angry over a mall's move to charge fees to visit Santa. ISTOCK

performed by elves and various games. THE ASSOCIATED PRESS

## IN BRIEF

### Video-games industry catching up to TV, film

The video-game industry in Canada is growing by leaps and bounds and quickly catching up to film and television production as a major contributor to the economy.

The Entertainment Software Association of Canada says the video-game industry spent \$2.36 billion on Canadian production in 2014. That's up almost 50 per cent in one year and now nearly as much as the domestic film industry, which spent \$2.67 billion in the fiscal year ended March 2014, according to figures by the Canadian Media Production Association.

THE CANADIAN PRESS

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## EMMA TEITEL: ON SELECTIVE SOLIDARITY

**It's ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar seem to decry Western favouritism only when a tragedy occurs in the Western world.**



When the U.S. Supreme Court granted American gay couples the right to marry nationwide in June, Facebook offered its many millions of users a new way to "celebrate pride." With a special photo-editing tool, the social-networking site enabled users to decorate their display photos with an LGBT-themed rainbow filter — a feature so popular, more than 20 million people adopted it.

For weeks after the Supreme Court's historic decision Facebook was awash in rainbow avatars; a trend some critics bemoaned as bandwagon behavior by "slacktivist" liberals otherwise uninvolved in the LGBT cause. But for many gay people in the United States and around the world, the photo feature and its popularity were actually quite touching; it's not every day one sees celebratory support quantified in such stark, visible terms.

Nor is it every day one sees grief and horror quantified this way. This week, we witnessed the return of Facebook's photo-editing tool, not in association with a happy event, but with an unduly tragic one. On Nov. 13, terrorists affiliated with the Islamic State of Iraq and the Levant (ISIL) murdered more than 129 people and injured more than 350 others in co-ordinated mass shootings and suicide bombings throughout the city. The attacks, which disproportionately targeted young people

enjoying a night out on the town — at cafés and a rock concert — were carried out in some measure by young people, too. Omar Ismail Mostefai, one of the dead terrorists identified after the attack, was reportedly just shy of his 30th birthday. In other words, many of the victims of the attack as well as some of its perpetrators belonged to the Facebook generation.



**APATHY EMBLEM** It's disturbing how little attention tragedies in poor countries get in the Western world, Emma Teitel writes, but the solution is not berating people for their lack of sensitivity to global issues. METRO

It makes sense then, that in a rather morbid turn on the celebratory rainbow filter, Facebook has offered users an opportunity to show solidarity with terror-ridden Paris through a French flag avatar. We don't yet know the exact number of users who have adopted the photo filter, but it appears that Facebook is once again awash in colour. Like many of the world's landmarks, the social networking site has lit up red, white and blue in solidarity with Paris. And once again, critics have emerged to question the social network's well-meaning campaign, this time with a charge of hypocrisy for users eager to show compassion for Paris, but who pay no mind to victims of non-West-

ern tragedies.

The question on their minds: Why Paris and not Beirut?

The day before the Paris attacks, Beirut, Lebanon suffered an ISIL-orchestrated suicide bombing that killed at least 43 people and injured 200. Facebook has not yet offered users a Lebanon-themed avatar so they may show solidarity with Beirut,

immense limitation that most of us pay attention to tragedy when we can envision ourselves as victim, in places we have visited.

But it's also ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar on account of its alleged hypocrisy seem to decry Western favouritism only when a tragedy occurs in the Western world. Anecdotal, I didn't see a single critic of Western favouritism post about the Lebanon attack the day it occurred. Rather, I saw only posts about the Beirut attack and insufficient Western response the day Paris was attacked. Ironically, it seems many critics of Western favouritism are its unknowing adherents — moved to action not by outsized suffering in the Middle East but by outsized support for suffering in the West.

Perhaps the lesson here is that analysis of human reaction to horrible events should be reserved until after the bodies are buried. No matter one's claim to the truth, it is cold, uncouth and misguided to criticize or disapprove of people engaged in genuine outpouring of shock and grief, whether that grief is the result of a highly publicized Western horror or a little-known eastern one.

Mourning is not a time to pass judgment — even if you are right.

**Emma Teitel** is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

## ROSEMARY WESTWOOD

metroview

**Merely having a right to something isn't always a reason to invoke it**

It's true that journalists, in the U.S. and elsewhere, have the right to record public life.

It's true that journalists, in the U.S. and elsewhere, can be unfair.

It's true that you'd be hard-pressed to find a better source of self-righteousness than a university campus.

And it's true that you'd be hard-pressed to find a group more marginalized than black Americans.

Last week's argument between activists at the University of Missouri and journalists trying to document their protest — captured on video — was absurdity worthy of Beckett.

In "safe spaces" vs. the First Amendment, it was shouting, pushing, bodies turned to bulldozers. Slinging tongues and smacking lips — and forgetting altogether about ears. Forgetting that rights are often beside the point. As in, merely having a right to something isn't always a reason to invoke it.

Similar protests to end racism on campuses continue to spread across the U.S. and will no doubt offer more flashpoints for conflict with the media.

These days, journalists have a problem, and it lies between the imperatives of activism and the very principle of objectivity. If we woke up each day to an equal society, we probably wouldn't have to keep making the choice

between the two. We'd be able to say to angry students (what would they be angry about?): "I'm not on anyone's side."

If the media itself was more diverse, we would not need to worry as much about how to be sensitive to a minority. Varied points of view among reporters would lead the resulting stories to collectively level out our blind spots.

But we don't have an equal society or a diverse media.

And that leaves reporters increasingly required to ask themselves how much of an ally they want to be and how much is too much.

It's not good enough to work on a single other's behalf. The best reporting carries truth as its agenda. The best reporting doesn't slot people into roles but reveals who they are. No one is all good and right — or bad and wrong.

It's also not good enough to face a crowd of black-rights activists and dismiss them as anti-free speech. I think, given what racism flings at some each day, and the fact that their protests led another crazy white guy to claim he was going to shoot them all, those activists have more pressing concerns.

But I keep coming back to that video, and the self-righteousness on both sides, and the way it underlines this problem that I am now having every day.

Do I seek just outcomes or just tell the truth?

**Mourning is not a time to pass judgement — even if you are right.**

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# HIV/AIDS in the public eye

## HEALTH

### After Sheen rumours, a look at famous people who have disclosed their illness

Charlie Sheen is scheduled to be on the Today show Tuesday morning, reportedly to disclose his HIV status, according to various sources, including People magazine, TMZ and Us Weekly.

It has been 30 years since legendary leading man Rock Hudson shocked the world by sharing his AIDS diagnosis, the first Hollywood star to do so. He died within a few months at age 59. His friendship with Elizabeth Taylor inspired the actress to begin a fundraising campaign that brought in millions for research and education.

Here are others in the public eye who have been diagnosed with HIV/AIDS.

#### Rock Hudson

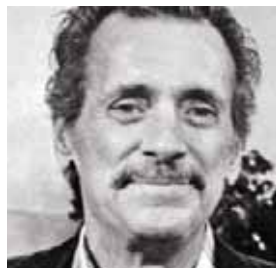
A screen heartthrob and one of Hollywood's most popular leading men, Hudson was the first major American celebrity to publically acknowledge having AIDS in 1985, not long before his death. His diagnosis forever changed the conversation about HIV/AIDS.

#### Freddie Mercury

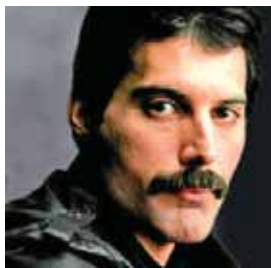
The powerfully voiced lead singer and songwriter for rock band



Charlie Sheen is expected to disclose his HIV status on Tuesday. GETTY IMAGES ALL OTHERS THE ASSOCIATED PRESS UNLESS NOTED



Rock Hudson



Freddie Mercury



Magic Johnson



Danny Pintauro GETTY IMAGES

Queen died in 1991. Among the hits Mercury was responsible for were future classics "Bohemian Rhapsody," "Somebody to Love" and "We are the Champions."

#### Magic Johnson

The Los Angeles Lakers point guard announced he was HIV positive in November 1991 and retiring from the NBA. He went on to play for the 1992 U.S. Olympic Dream Team, and came back to play with the Lakers in 1995. He's now 56 and has been living with HIV for more than 23 years.

#### Isaac Asimov

The extremely prolific science fiction writer, whose works include the I, Robot collection and the Foundation series, contracted HIV from a blood transfusion during heart bypass surgery in 1983. He died from AIDS complications in 1992.

#### Eric "Eazy-E" Wright

The co-founder of hip-hop group N.W.A. and gangsta rapper Eazy-E (Eric Wright) died of AIDS in 1995 at age 31. His illness is dealt with in this year's hit music-drama biopic Straight Outta Compton.

#### Danny Pintauro

Now 29, the child actor who co-starred on TV's Who's the Boss and also appeared in the thriller Cujo, said during a September appearance on Oprah: Where Are They Now? that he's been HIV positive for 12 years.

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## FRONTIER

# Discovery Canada drama casts Momoa

Game of Thrones star Jason Momoa will lead the cast in Discovery Canada's upcoming action-adventure show Frontier, the network's first original scripted series.

The new six-episode drama centres on the sometimes bloody struggle for wealth and power in the North American fur trade of the late 18th century.

The show is being shot in 4K

resolution and production is underway in St. John's, Morrisburg, Ont., Louisbourg, N.S., and Cornwall, U.K.

Rob Blackie and Peter Blackie created the six-episode, one-hour drama.

Canadian director Brad Peyton will helm the first two episodes.

The cast also includes Alun Armstrong, Landon Liboiron, Zoe Boyle, and Allan Hawco.

Canadian independent producers Take the Shot Productions and Factory Backwards are behind the show.

It will debut next year in Canada on Bell Media platforms including Discovery, Discovery GO and CraveTV, and on Netflix in international markets.

THE CANADIAN PRESS

Jason Momoa  
GETTY IMAGES



## JOHANNA SCHNELLER WHAT I'M WATCHING

# Oliver's rant resonates



Oliver's profanity-laden diatribe captures upset. GETTY IMAGES

LAST WEEK TONIGHT,  
NOV. 15 (HBO)

Host John Oliver addresses the camera in his opening monologue, about Friday's attacks in Paris: "After the many necessary and appropriate moments of silence, I'd like to offer you a moment of premium cable profanity," he says.

"As of now, we know this attack was carried out by gigantic f—ing a—holes, unconscionable flaming a—holes... working in service of an ideology of pure a—holery... F— these a—holes. F— them sideways."

It's always fascinating to watch comedy shows cope with fresh tragedy. As Woody Allen said, "Comedy is tragedy plus time," but in these situations, no time has passed. So efforts can be jarring.

Saturday Night Live opted for a

soft approach: It opened with cast member Cecily Strong, holding back tears, saying, "Paris is the City of Light, and here in New York City we know that light will never go out... We stand with you." She then repeated the message in French.

It was effective enough, but I found Oliver's approach more moving — and more workable. He was angry, and he meant it. But by repeating the profanities, he gave his audience space to laugh. Once he'd done that, he could slip in a joke: "It's important to remember, nothing about what these a—holes are trying to do is going to work... If you are in a war of culture and lifestyle with France... you are f—ed."

Because he'd found a way into humor, his transition — "For now, we are going to continue with the rest of the show" — was less awkward than most.

## + IN BRIEFS

### Prince cancels Euro tour

Prince has cancelled his European tour following the Paris attacks, his French production company confirmed on Monday.

The tour would have begun on Nov. 24 with Prince expected to be in Paris on Dec. 11 to play two shows at the historic Palais Garnier opera house.

A number of rock bands have also cancelled tour dates in France since the attacks including U2, Foo Fighters and Motorhead. AFP

profile movie premieres on hold, including the Tom Hanks' film Bridge of Spies and Natalie Portman's film Jane Got a Gun.

Following the events of Nov. 13, Fox cancelled the Paris premiere of the Steven Spielberg-directed film Bridge of Spies which was scheduled for Monday.

Likewise, a press junket for Portman's Jane Got a Gun scheduled for Sunday and the movie premiere scheduled for Monday were called off.

Also canceled is the Paris premiere of the Tom Hardy film Legend, scheduled to take place Tuesday. AFP

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**Rose Reisman EAT THIS**

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## THIS WEEK: Casey's Grill Bar

Canadians love dining out, with 60 per cent of us choosing to buy our meals at least once a week. Casey's Grill Bar is a popular pick for casual dining at affordable prices, with a variety of options from classic steaks, seafood, sandwiches and Asian-inspired dishes. Grabbing an appetizer before dinner is a common occurrence, but they are often heavier than the entrée. Select an appetizer with some protein and vegetables to lessen your appetite before the main course.

### ✓ PICK THIS



## Chicken Tacos (2)

### Ingredients

Rotisserie chicken, shredded lettuce, cucumber, red pepper, green onions, lime mango salsa and crema

**Calories** 450

**Fat** 29 grams

**Saturated fats** 10 g

**Sodium** 810 mg

### ✗ SKIP THIS



## Tornado Potatoes (with Smokin' Cajun Dip)

### Ingredients

Deep-friend potato ribbons seasoned with sea salt and drizzled with Smokin' Cajun dip

**Calories** 1,020

**Fat** 47 grams

**Saturated fats** 9 g

**Sodium** 1,000 mg

### = HERE'S WHY



**Equivalent: Tornado Potatoes & Dip contain as much fat as four BLT sandwiches from Tim Hortons**

A fried potato side, no matter what the name, is empty calories with little nutritional value. This fancy version of potato chips are heavily deep fried and served with a mayonnaise and sour cream-based dip, which is a landmine of calories, fat and sodium. The dip itself has 380 calories and 40 grams of fat! Opt for the tacos instead — with its lean chicken and vegetables, this item is both delicious and filling.

# WHO says handle meds with care

WORLD HEALTH ORGANIZATION

## Antibiotic-resistant infections are a global issue

A WHO survey revealed that 66 per cent of respondents believe antibiotic resistance doesn't affect those who take antibiotics as prescribed.

The WHO published on Monday the results of its international survey carried out to determine more about the public's knowledge on the use of antibiotics and the increasing spread of antibiotic-resistant diseases.

Published on the first day of World Antibiotics Week (running to Nov. 20) and on the launch of Antibiotics: Handle with care, the WHO's first-ever campaign for the improved use of antibiotics, the survey highlights the misconceptions that the public has on antibiotic use and resistance.

Antibiotic resistance occurs when bacteria, not humans, be-



Antibiotics are not effective for colds or flu. AFP

Interviews were carried out both online and face to face.

The results show that while many (64 per cent) know that antibiotic-resistance is a problem, more than half (57 per cent) wrongly believe that there is nothing they can do to prevent its increase. Forty-four per cent also mistakenly believe that antibiotic resistance only affects those who take antibiotics regularly, and 66 per cent believe antibiotic resistance doesn't affect those who take antibiotics as prescribed.

In fact anyone, regardless of age, country, or antibiotic consumption, can catch an antibiotic-resistant infection, and we can all play a part in halting the spread of antibiotic-resistant diseases. For example, antibiotics are not effective in treating viruses, although 64 per cent of those questioned believed that antibiotics can be used to treat colds and flu, and a course of antibiotics should always be finished, despite 32 per cent of those surveyed believing that a course can be stopped once the individual feels better. AFP

come resistant to the antibiotics used on them. It is the spread of these bacteria that then causes the spread of infections that are antibiotic-resistant and much harder to treat, which is an increasingly worrying problem for the WHO. The organization questioned some 10,000 participants across a diverse selection of 12 countries which included Barbados, China, Vietnam, Sudan, South Africa, Serbia, Russian Federation, Nigeria, Mexico, Indonesia, India, and Egypt.

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# The great shampoo swindle

## BEAUTY PRODUCTS

### Chemists conclude your money is going down the drain

**Liz Brown**  
Metro | Canada



Sitting in a chic salon getting my fried ends snipped, my hairstylist looked in the mirror and met my gaze.

"You've been using drugstore products, haven't you?" she said.

I looked down, nodding my head, the shame too much to bear.

"It's why your ends are dry and your roots greasy," she clucked, lecturing about how cheap shampoos and conditioners leave residues on hair and don't allow it to breathe.

I walked out of the salon with \$90 worth of products. It's a story most women (and likely many men) can relate to.

According to Randy Schueller, a Chicago-based beauty product chemist and co-founder of The Beauty Brains blog, the stylist line that salon products are uniformly better than the ones you pick up at the drug store is a "total myth" based in marketing and pseudo science.

And these myths mean big bucks for the beauty industry. According to a report published in September by market research firm IBISWorld, the beauty, cosmetics and fragrance retail industry in Canada is worth \$1.3 billion annually, 18 per cent of which is spent on hair care products — and as incomes grow, consumers are more interested in premium items.

"While some salon products can be better, for the most part you don't need to spend at that level to get a good product," he



says, noting that ingredients in any shampoo or conditioner only account for about 10 per cent of the product's overall cost.

He knows consumers will disagree with this, but chalks it up to psychology. "If you're going to spend \$30 on a bottle of something versus \$5, you want to believe you are spending your money wisely," he says.

Schueller has been working in the industry for 30 years and formulated for some of the most popular mass market and salon brands, including VO5 and

Tresemme. He recalls a market research study he participated in where women, over a period of months, were asked to wash their hair with different, unmarked products and answer a questionnaire.

"In general, the salon products did not score as well as the mass market products," he says. "When people don't know it's a salon product — when you strip away the packaging and branding — they perform as well as mass market products (in consumer reviews)."

# 14

**Coconut oil is the only oil shown to moisturize hair from the inside out, but you have to leave it on for 14 hours for these deep conditioning benefits says Randy Schueller.**

Ni'Kita Wilson, a cosmetic chemist in New Jersey, says that often consumers can find a suitable alternative to their salon product in a drugstore brand. "Performance-wise, hands down, you can find a cheaper product you are satisfied with," she says.

The biggest difference, according to Wilson, is found between conditioners. Salon conditioners do tend to use better cationic surfactants — compounds that bind to the keratin protein in hair — making it easier to detangle and smoothing the rough cuticles on damaged ends.

A more expensive salon conditioner may also carry newer silicones to smooth the hair and give it a silky feel. But interestingly, many silicones that have been on the market for a while first appeared in expensive salon brands. "A good example of this is amodimethicone," Wilson says. "It offers superior conditioning benefits to the hair unlike any other ingredient and ... now it can be found in mass brands like Garnier Fructis."

The difference is often in the amount in the formula. "The drugstore brand may put 1 per cent silicone in a formula and that will give you good detangling and nice softness, while a higher end brand may put 2 per cent in their formula, plus another type of conditioning agent like a natural oil," she says.

Her verdict: Save on the shampoo and splurge on conditioner.

## + HAIR MYTHS (BUSTED)

### Avoid silicone in hair care products

These are compounds in shampoo and conditioner that detangle and give hair a silky feeling. "It's true that silicones can be too heavy for fine hair types," says Schueller.

"What's not true and what you frequently hear is that silicone suffocates your hair, or coats it in plastic — my favourite is that it makes your hair 'feel healthy' but it's really bad. That doesn't even make sense because hair is dead, so you can't prevent it from breathing," he says.

**Silicone is evil**

### You need to switch products because they become ineffective when your hair gets 'used' to one

"This is the granddaddy of all hair care myths," says Schueller. More likely what is happening, according to Schueller, is that conditioning agents present in shampoos and conditioners build

up on hair over time, making the hair seem dull and limp. "When you move to a new shampoo, it strips the residue from the old shampoo and you think 'wow' my hair feels wonderful." Instead trying a clarifying shampoo every so often when hair feels limp.

And she says there's plenty of ways to top up a mass market brand. Try leaving the product on for a longer period of time underneath a shower cap — the heat helps the conditioner penetrate hair. Or mix your conditioner with a bit of coconut or olive oil.

Schueller says coconut oil is the only oil that has been definitively shown to moisturize hair from within. "But you need to

### Alcohol in shampoos and conditioners dries out the hair

"All conditioners carry fatty alcohols to make the emulsion — that creamy aspect," says Schueller. These are called cetyl and stearyl alcohols and help form the body of the product while giving some conditioning.

Isopropyl alcohol is also sometimes found in a shampoo or conditioner, but it's found at low levels and used as an agent to help carry another ingredient.

"They are solvents and soak up lipids (fats)," says Schueller. "If you were to soak your head in these alcohols, it would be drying to the hair, but in the levels in a rinse off shampoo or conditioner, it will have no impact."

use a lot of it and leave it on your hair for quite some time (up to 14 hours)," he warns.

If you're looking to break a salon product habit and save money, Schueller suggests looking at the first five ingredients of your favourite premium brand and comparing them with cheaper brands. "You'll likely find something in the same ballpark range," he says.



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# LEARNING CURVE

## An education in lifelong healthy habits

Each year, the freshman 15, a term used to describe the supposed weight that students gain during their first year of college or university, dominates discussions on student health. However, says one expert, the focus shouldn't be on weight, but, instead, on forming lifelong healthy behaviours.

"The invincible student will age and habits will come back to bite them in the butt, so it's not just about preventing that 15 lbs. now, but that heart attack at 40," says Sara Kirk, a professor of health promotion at Dalhousie University in Halifax. "We have to recognize what is influencing us because until the environment and our prompts change, making healthy decisions will take a conscious effort."

Kirk points to culprits such as sleek advertising and a food industry that is in the business of consumption and has hijacked terms such as "in moderation" as dominant

influencers. She says, rather than the arbitrary "in moderation" mantra, the 80-20 rule is a much better method on which to base your nutritional decisions.

"The 80-20 rule states that 80 per cent of the time you focus on good-for-you foods and 20 percent of the time you have the freedom to indulge," she says. "Also, think about your day and find opportunities to make room for fitness. For example, take time between classes to go for a walk."

However, Kirk cautions against an all or nothing attitude when it comes to making changes. Instead, she says, it is best to take baby steps that are easy to incorporate into your daily routine. For example, fast food, despite being loaded with fat, sugar and salt, is cheap and convenient, making it accessible to students. Kirk suggests being mindful if you find yourself at a burger joint.



SHUTTERSTOCK

"Rather than completing your meal with fries, do it with a salad," she says. "Also, get wise to things like going to the gym and treating yourself to a chocolate bar because you've

'earned' it. That chocolate bar will blow out of the water whatever you did at the gym. Being mindful more often than not will help you to start to shift your behaviours."

## Getting your diploma quicker

*Academy of Learning will show you how*

After years of working in retail, Amanda Brady decided it was time for a change.

Brady chose the computerized payroll accounting at Academy of Learning Career College because she wanted to better her future and become more self sustained.

"I chose Academy of Learning for my training because it offered a diploma program that would get me certification quicker than conventional college or university, and is located close to my home," says Brady.

For Brady, it was important to be able to maintain employment while she worked towards her educational goals.

Academy of Learning's flexible schedule has allowed Brady to continue to work part-time (20 hours a week) at her current retail job, while she prepares for the next step in her life.

Brady began her studies in April 2015 and will complete her 44-week program near the beginning of 2016.

Along with accounting and payroll knowledge Brady has gained from this



SHUTTERSTOCK

program, she has also learned about business correspondence, office procedures, management fundamentals and how to perform a job search

When she finishes this program, she wants to start out as a junior payroll or payroll assistant and work her way up to being a payroll manager or payroll supervisor.

"I would recommend this program to others because it gives me the information that I need to feel confident going out into the workforce," says Brady.

For more information, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

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"Catholic School Districts/Divisions seek teachers who can articulate what it means to be Catholic and who are able to integrate their faith and culture in an all-inclusive community. This degree program is structured to achieve that objective."

This program is the only one in Western

Canada that provides students with the tools to work in both the Catholic or public divisions in Alberta, and offers the longest practicum experience of all education programs in the Province of Alberta (24 weeks of practicum).

It has been designed and developed through extensive consultation with school teachers, consultants and administrators resulting in a program that addresses current priorities and best practices.

"St. Mary's provides an environment for the development of the whole person intellectually, emotionally, spiritually and physically in their social context, and presents a learning ethos that attempts to ensure that advances in scholarship and technology are attuned to the authentic good of individuals and society as a whole," says Pigeua.

"It is an institution that inspires students to undertake responsible intellectual inquiry and accept the challenge of providing leadership for the creation of a socially just world



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based on sound moral principles."

The admission requirement for St. Mary's bachelor of education (elementary) program is the completion of a three- or four-year bachelor's degree from St. Mary's or other recognized post-secondary institution.

Although St. Mary's present a Catholic perspective on education, they are open to

everyone interested in education.

St. Mary's education program is currently accepting applications for Fall 2016.

The program runs for two years and begins in September of each year.

For more information about this program, visit [www.stmu.ca/programs-and-course/bachelor-of-education-elementary](http://www.stmu.ca/programs-and-course/bachelor-of-education-elementary)

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# CDI provides all essential business skills

Whether you're the owner of a small company or a manager of a large multinational corporation, core business skills are essential to making your performance rock-solid.

In less than a year at CDI College, students can graduate with a Business Administration Management diploma, acquiring strong business skills to bring into roles as diverse as accounting/bookkeeping assistant, marketing assistant, and office manager.

Taught by industry-leading professionals, these courses will equip students with all the skills they'll need to launch their careers in the business workplace.

Theoretical fundamentals include skills in management, marketing, finance, accounting, and human resources. The program prepares students with all the basic skills they'll need to achieve their business goals.

Courses include training in Microsoft Office programs that are essential for everything from word processing, database management to project management. Other courses are designed to build and strengthen students' skills in areas including marketing, economics, and business planning.

As part of students' hands-on experience, the program also includes training in a practicum placement.

"Students are guided by experienced professionals in the field, so during their practicum they get incomparable real-world experience that they can use to get a great job right out of the program," says Andre Souza, VP of Marketing at CDI College.

For more information, visit CDI College online at [study.cdicollege.ca](http://study.cdicollege.ca), or call 1-800-360-7186.



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Photo by Sandra Loeppky



# Transferring skills to Canadian system

As a doctor back in his home country, Abul Kashem Islam was looking for a way to enter into the health-care field when he immigrated to Canada.

"Day by day I understood that my degree and previous experiences are totally useless until I receive some certification from a Canadian-recognized institute," says Islam.

"I tried hard to get an acceptable job with my previous experience, but I completely failed. So I was very frustrated."

Then he came to learn about ABES (Alberta Business and Educational Services) and the MDRT (medical device reprocessing) program.

The MDRT program offered at ABES is a great program for foreign trained health-care workers like Islam as it builds on the training and experience they already have and give them the credentials they need to work in the Canadian health-care system.

"It impressed me and I got admitted," says Islam.

"During my study, I learned a lot. It was really amazing."

This 40-week program runs in partnership with Alberta Health Services (AHS) and is designed to provide students with the necessary technical skills, employment preparation skills, as well as all other practical and essential skills necessary for working in the field.

AHS provides students with a practicum, and, as a result, 96 per cent of ABES graduates are hired by AHS following their practicum experience.

"I believe ABES has given me an opportunity to enter into the world of health care," says Islam.

"I am really grateful to ABES all the time."

ABES has more than 20 years of experience in providing Calgary residents with the most current training and education in various medical fields.

ABES currently offers this program with



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bi-yearly start dates, so you don't have to wait a full year to start shaping your future as a medical device reprocessing technician.

To apply, students must have two-years

post-secondary training in health care or life sciences to qualify for admission.

For more information about this program, or ABES, visit [www.abes.ca](http://www.abes.ca).

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## Paid work experience a lesson in real life

Co-op programs help students learn about career planning and provides them job search skills they can use for the rest of their lives.

At the University of Regina, co-op programs are paid work experience that is built into a student's degree.

"Students of today are looking for a lot and the U of R wants them to have a well rounded university experience," says Shayla Dietrich, manager, Student Recruitment and Marketing, University of Regina.

"We want them to leave having challenged themselves academically and with a university degree on their resume, which will open many doors, but we are also interested in providing them with important professional experience they can add to their portfolio as well."

The U of R co-op programs involves alternating semesters of career-related paid work terms with semesters of in-class study.

When co-op students graduate they have completed 12 to 16 months of professional work experience.

"The U of R supports students in finding great co-op opportunities and has built very strong ties with industry leaders and companies across Saskatchewan and Canada to facilitate a top notch experience for our

students," says Dietrich.

The U of R co-op and internship program saw students earn over \$10 million in salary in 2014.

Aside from the obvious benefit of making money while in school, Dietrich says there are plenty of other benefits to students who take part in co-op programs.

"Students involved in co-op develop a network of contacts they can leverage upon graduation," says Dietrich.

"These contacts become professional references and help students find permanent work in their chosen field."

U of R offers co-op for a number of different programs including for programs within the Liberal Arts, which is quite unique.

"If a student is interested in a program that doesn't have a co-op option they shouldn't worry - every program at the U of R has some sort of experiential or hands on learning component either built into the program or available as an option to students," says Dietrich.

These include internships, practicums, professional placements, and fieldwork opportunities.

For more information about the co-op programs available at the University of Regina, visit [www.uregina.ca/careercentre/coop/](http://www.uregina.ca/careercentre/coop/)

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# Starting your career in finance

Are you looking for a challenging, fulfilling job helping an organization with its finances? Put your eye for detail to great use in the field of accounting and payroll administration.

The 43-week accounting and payroll administration program at Reeves College opens the door for students looking to access a new

career. Its program is taught by experienced industry professionals and geared toward equipping students with skills that are highly valued in today's job market.

"Those looking to upgrade their skills in the workforce are looking for great skills that will increase their value, and provide a job that's engaging," says Andre Souza, VP of Marketing for Reeves College. "The Accounting and Payroll Administration program at Reeves College is great for detail-oriented individuals who are looking to start a new career, whether they're new in the workforce and looking to upgrade their skills, or at a transition point where they're ready to take on new challenges and fill a role that many employers are recruiting for."

Students get full picture of the business accounting cycle, covering subjects including employment insurance, income tax, pensions, accounting software, and fundamental administrative skills. Graduates come away with the ability to apply the accounting function and effectively communicate payroll issues.

The program qualifies graduates for diverse jobs including payroll officer, accounting clerk and tax return preparer. Courses like accounting fundamentals, human resources and Microsoft Office suite courses help prepare students to be ready to launch their careers in accounting and payroll administration.

For more information, visit [study.reevescollege.ca](http://study.reevescollege.ca), or call 1-800-533-1457.

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## Verbal judo in security

Columbia College offers several "industry-specific" courses that will enable a candidate to perform their job more effectively with the security industry.

"These courses are designed for anyone who want to work within the security sector, or anyone already working security who wants to improve themselves," says Larry Wheaton, lead instructor, security programs, Columbia College.

For those security professionals who are looking to stay calm in the face of adversity, Columbia College offers the verbal judo course.

This course teaches individuals how to talk effectively with emotionally upset people and create solutions without losing sight of their dignity.

"Individuals learn how to recognize signs of hostility and know when to stop talking and remove themselves from the situation," says Wheaton.

"Every security professional should have this training."

The pressure point control tactics (PPCT) course is the most recognized "entry level" defensive tactics training course in Canada.

It teaches security professionals how to



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defend themselves during an assault, how to make an arrest using tactical handcuffs and how to use the impact weapon (baton).

"It also teaches use of force and how to apply that force to various situations, and more importantly, when they shouldn't," says Wheaton.

Columbia offers this training with superior PowerPoint, detailed explanations and offers an 'ongoing' aspect to this training found nowhere else.

"We treat our students with respect and sincerely want them to succeed," says Wheaton.

For more information, visit [www.columbia.ab.ca](http://www.columbia.ab.ca).

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Alberta Haskayne executive MBA class on international study tour in Shanghai, China. CONTRIBUTED

## MBA program sharpens your skills, thinking

The Alberta Haskayne executive MBA program is specifically targeted at mid to senior career professionals looking to augment their commercial acumen and broaden their business skills.

"This program is designed for professionals who have already achieved significant success in their professional career," says Dr. Vern Jones, associate dean, graduate programs.

"They might be senior managers in corporate roles or the public sector or entrepreneurs looking to consolidate their skills."

This program offers a broad-based business education through the lens of the manager or executive.

Students are able to consolidate their business knowledge and sharpen their critical thinking skills through the program to make them more effective in their current and future roles.

In addition, there are a multitude of opportunities for them to develop their leadership capability through working with an executive coach, group work, engagement with executive speakers (with past speakers including Mayor Naheed Nenshi, W. Brett Wilson, and Gregg Saretsk, CEO, WestJet Airlines) and leadership development workshops.

"The reputation of our program is very strong locally, nationally and internationally with a very active alumni network and recognition as one of the top 100 programs worldwide by the Financial Times," says Jones.

Students benefit from the collective real-world experience of the cohort in addition to insights from academic research.

"The particular demands of our regional market are met through core topics such as entrepreneurial thinking and governance as well as standard MBA courses," says Jones.

"In response to demand from our students for quantitative skills, we recently introduced a finance specialization to the program." Towards the end of the 20-month program, students complete an international study tour and are involved in meetings as government embassies, visits with local businesses and Canadian business operating abroad, and visits to cultural and historical sites.

The program allows individuals to continue working while completing their MBA in less than two years, with the next intake being January 2016.

For more information about the Haskayne executive MBA, visit [haskayne-emba.ca](http://haskayne-emba.ca).

### UPCOMING INFORMATION SESSION

To find out more and connect with an advisor, attend the upcoming information session:

Nov. 19  
5:30 to 7 p.m.  
University of Calgary

Downtown Campus  
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6th Floor

Application deadline:  
Nov. 26  
Material deadline: Dec. 4

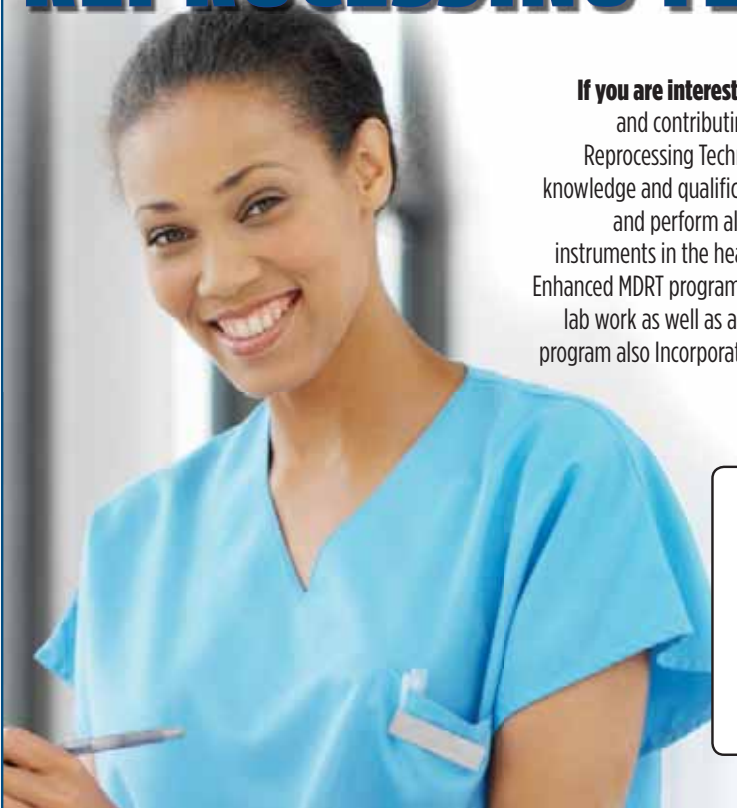


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# Distance learning a valuable option

There are as many different ways to learn as there are people interested in learning. And for many students, the Alberta Distance Learning Centre represents an ideal way to further their education — no matter where life has taken them.

In 2013-14, the ADLC served 44,000 students in the province, offering 58,000 courses for grades 1 through 12 (80 per cent of students are taking high school). The ADLC is designed to complement and support existing educational facilities. Perceptions of distance learning have changed over the years, and a lot of that is as a result of organizations like the ADLC investing in quality education.

But don't just take the ADLC's word for it; the results are there in black and white — or, more appropriately, pass and fail.

"One of the challenges with distance learning is with earning credibility — some view it as second-class," Brett Cooper, the director of the Alberta Distance Learning

Centre explained. "Our 2014 graduates were at or above provincial standards. And for the 2014-15 school year the ADLC gave over 1,000 awards to students for various achievements in academics and improvement."

He said that the evolution of the concept of distance learning, combined with technology, makes it a valued option for many students.

"We used to mail out booklets; now teachers are available from 8 a.m. to 6 p.m. by telephone, Skype, e-mail, and video conferencing," Cooper said. "There are help lines available after hours. We've evolved from snail mail to what's considered good, quality teaching."

The ADLC got its start 93 years ago as the provincially run Alberta Correspondence School. In 1997 the province sold the school and it was rebranded to ADLC. Though there's still a healthy contingent of mail-in students, the shift has been made to on-line.



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"Three or four years ago it was a 50/50 split. Last year, it was 70/30 on-line."

Students come from all walks of life. "What they're doing is looking to add on or enhance what they're offered," he explained. "They may come from a small school that can't offer courses back to back or a school that simply can't offer courses due to staffing or funding. We also have high-performing athletes [elite figure skat-

ers, for example] who simply can't maintain a regular school schedule."

Students interested in learning more about the school can visit [adlc.ca](http://adlc.ca) or discuss it with their school's guidance officers.

"Distance learning isn't for everyone. You have to have the discipline to do it," he said, adding that the personalization of distance learning can be a positive. "It's individual, it's not a one-size fits all approach."

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# CONNECTING WITH MASSAGE THERAPY PROGRAM IS TRULY HANDS-ON

For athletic therapist Manthaw Ng, his fascination and desire to expand his knowledge in the field of sports massage and gain more hands-on experience were the deciding factors in his choice to pursue further education.

"Seeing how I often incorporate massage into my treatments, it was an easy decision to make in regards to entering the massage therapy program," says Ng.

Ng chose the two-year massage therapy program offered through Mount Royal University Faculty of Continuing Education and Extension because he had spent a year of his previous undergraduate degree at MRU for the athletic therapy program.

"I thought it would be a great idea to continue my education at an institution that I was already familiar with," says Ng, who received his undergraduate degree

in athletic therapy at the University of Calgary.

For Ng, the best part of the program has been how it allows him to meet other health-care professionals.

"I believe that the connections I make in the program will benefit me in the future and help me pursue my career as a successful massage therapist," says Ng.

Once Ng completes the two-year program, he would like to continue to work with the athletic population and specialize in athletic massage.

"As well, I plan to enter the field of osteopathy in the future and I believe that the hands-on skills that I learned from this program will be a great asset," says Ng.

For more information about the massage program offered at MRU, visit [conted.mtroyal.ca/massage](http://conted.mtroyal.ca/massage)



TRACY ELLIOT



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## HR professionals provide a strategic approach

Today, human resources professionals are true "strategic business partners" and through HR practices, processes and support, they contribute to achieving business outcomes.

"HR practitioners need to have strong business acumen, systems-thinking mindset, be a change agent and confidence as a leader within the organization," says Todd Bassett, MBA, CHRP, MRU part-time instructor.

"There is also a heightened focus on diversity and inclusion which requires a HR strategic approach and leadership to achieve organization success."

Through the human resource management extension certificate at Mount Royal University Faculty of Continuing Education and Extension, individuals can learn the keys skills required to become an HR professional.

"MRU programs provide students with a tool box full of new tools they can apply to their craft," says Bassett.

"Whether you are currently working in HR or new to the field the courses provide the basic fundamentals necessary for a successful career in HR."

To earn the HR management extension cer-

tificate students complete six required courses plus 60 hours of optional courses for a total of 150 hours.

Throughout the program, students will learn the importance of aligning HR strategy with business strategy, understanding the importance of organizational design, performance management, workforce planning, recruitment and change management.

MRU has a number of industry professionals -like Bassett - teaching these courses and beside the course material; they share their expertise and advice in the subject matter.

"The MRU instructors are passionate and dedicated to the field of HR and provide a practical use of the learning that students can apply to their work and/or career in HR," says Bassett.

For more information about this certificate, visit [conted.mtroyal.ca/humanresources](http://conted.mtroyal.ca/humanresources)

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# Seek help to find school-life balance

Heavy course loads can be intimidating, especially for first-year students who may not be accustomed to them. That's why, says the manger of the University of Calgary's student success centre, seeking help to find a balance should be part of your transition to the demands of post-secondary academics.

"Lots of student go through periods where the workload feels overwhelming, but they don't even need to wait for a problem before seeking help," says Roxanne Ross. "Figuring out your study style or asking for time management tips is part of being actively engaged."

Post-secondary institutions, says Ross, have student success centres, which may offer workshops and employ professional advisors to help students sort through academic issues. However, she also advises speaking to professors and instructors if you have course content concerns.

"Office hours are for one-on-one inter-

actions with your professor, so take advantage if you are falling behind because you don't understand something in the course," she says. "In extreme circumstances, it is also a good idea to talk to instructors about extensions. That's an important communication strategy."

One of the most crucial factors, says Ross, in managing your workload is creating a balance between time and study strategies. So, while there will be times when you have to study on weekends, some planning ahead can help you make it to that party on Saturday.

"The simplest things can make the most difference," says Ross. "For example, plan out your semester with some kind of visual calendar that includes anything in your life that will require your attention. That way, you can start projects and assignments with enough time."

And, says Ross, while study groups are effective because they expose students to



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different problem solving skills as well as the ability to teach concepts, which can help to process academic material, she cautions against falling into the traps that come with creating study groups with friends.

"It can be a challenge to stay on task when studying with friends," says Ross. "If you're going to, you all need to agree on the study group's structure and choose someone to facilitate so it's actually useful."

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# Helping students make good choices

Making the decision to pursue a post-secondary education is a big commitment, as is choosing the right program.

At Robertson College, career counsellors understand this and work with students to answer these questions and concerns.

"There are many options available, and our career counsellors do their best to provide detailed information so they can make an informed decision," says Cheryl Stock, assistant campus director, Robertson College, Calgary.

"They meet with potential students to get a better understanding of the individuals personal goals, strengths, prior training and past experience — this conversation is vital to determining what is the best choice to meet that students career goals."

Career counsellors are available everyday to meet with people interested in learning more about Robertson College programs and the school or even exploring what careers may be a good fit for the individual and what

would be the best training to get them a job.

From the moment an individual begins to consider Robertson College, the career counsellors are there to offer their support and advice.

Because student success is extremely important to Robertson College, they offer lifetime career services support to graduates.

This includes help with their resume writing, interview preparation and seeking employment — no matter how long it's been since they graduated from their program.

When it comes to seeking out employment, Robertson College makes sure to post employment opportunities for students and graduates, as well as helps employers seek out qualified individuals to fill any openings.

Career services also assists employers in finding students to host for practicums.

"Robertson College maintains excellent job placement rates for our students as a result of career services," says Stock.

Robertson College offers in-demand



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career-focused programs in business, health care, and IT, and has four campuses in Canada (Calgary, Edmonton, Brandon and Manitoba).

Robertson College also offers online training to provide access to the same great education to anyone across Canada.

All students, no matter if they chose to study in class or online, can access the student services available at Robertson College.

For more information about any of the student services offered at Robertson College, visit [www.robertsoncollege.com/student-services/](http://www.robertsoncollege.com/student-services/)

# Program helps the faces of health care

*Students prepare to work with their patients one-on-one*

Often seen as the "face of health care" for clients and their families, health-care aides play an important role in the health care system.

The health care aide program at ABM College prepares graduates to work in the clients home, on a one on one basis providing a variety of support skills; as well as working in an integrated health team in a health care facility.

"The HCA's have become a major component of the health team in the long term care facilities and home care," says Muriel Shewchuk, HCA instructor and coordinator, ABM College.

"As a result, the HCA's must be knowledgeable and competent in the accurate observation, communication and care required by the persons requiring care."

The program is designed for those candidates who wish to provide health care for persons in care.

Students of this program will study anatomy, physiology, acute and chronic disease processes and care, infection control and



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management and impact of aging are a major focus with a continual focus on safety.

To ensure that the education, understanding and skill competence are upheld, this certificate program was established and monitored by Alberta Health Services (AHS).

The program is also designed to support foreign trained health-care professionals as a credit base towards taking LPN or RN programs in the future.

Students that have graduated from this program are invited back, free of charge to take part in advanced certificate programs.

For more information, visit [www.abmcollege.com](http://www.abmcollege.com).

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# Flames still searching for last year's resilience

## NHL Three-game homestand begins Tuesday against Devils

It's getting late early for the Calgary Flames.

As of Monday, the Flames (6-12-1) were 11 points behind their pace of a year ago. Ranked 28th in the NHL near the quarter mark of the season, Calgary still has time to recover the resilience that propelled them to a surprising post-season berth and the second round of play-offs in 2014-15.

But given how few points separate the playoff-teams from non-playoff teams in the Western Conference, the Flames were aware their position was already becoming precarious.

"We still have time, but we don't have time to lose games and figure we're going to catch up later on," head coach Bob Hartley said Monday. "We need to start catching up right now."

Calgary concluded a 1-3 road trip by getting dominated 4-1

by the defending Stanley Cup champion Chicago Blackhawks on Sunday.

The Flames open a three-game homestand Tuesday against the New Jersey Devils, winners of seven of their last 10. There's a rematch with the Blackhawks at the Scotiabank Saddledome on Friday followed by a visit from the Anaheim Ducks next week.

"If you're not getting frustrated by losing you won't last very long in this league," Flames forward Joe Colborne said.

"We're frustrated in that aspect, but we believe in ourselves. We've got a big homestand here and then we're heading right back out on the road, so we've got to start stringing some wins together. It's got to start to soon."

Calgary won only two of its first 19 games in regulation. But the most

glaring Flames statistic is their league-worst 79 goals against, which is 10 more than the second-worst Columbus Blue Jackets.

Calgary continues to lead the league in blocked shots (326) and isn't allowing significantly more shots per game than last

**“From the goalies to the defence to the forwards, we believe in this group and it's a matter of execution right now.”**

Joe Colborne



Patrick Kane of the Blackhawks scores past Flames goalie Karri Ramo on Sunday in Chicago. PAUL BEATY/THE ASSOCIATED PRESS

season at 30.9. But defensive miscues and inconsistent goaltending have contributed to a plus-minus of minus-27.

The Flames were back to three goaltenders at Monday's practice. Jonas Hiller skated with the team for the first time

since injuring his hip during a game against Ottawa on Oct. 29.

Karri Ramo (4-7) will get his ninth straight start Tuesday against the Devils with Joni Ortio at backup. Almost 20 games into the season, the Flames still have three goalies on one-way

contracts.

"When the medical staff will tell us that Hills is good to be in the lineup, that's when we're going to sit as an organization and we're going to come up with best possible decision," Hartley said. THE CANADIAN PRESS

## + NHL ROUNDUP

### Habs complete comeback victory in overtime

David Desharnais scored 3:25 into overtime to lead the Montreal Canadiens to a comeback 4-3 victory over the Vancouver Canucks on Monday night.

Tomas Fleischmann beat Jacob Markstrom on a rush down the right side to tie the game at 16:52 of the third period and complete a three-goal comeback by Montreal. THE CANADIAN PRESS

### Hagelin's three-point night helps Ducks quell Canes

Carl Hagelin broke out of a slump with a goal and two assists, and the Anaheim Ducks beat the Carolina Hurricanes 4-1 on Monday night.

Ryan Getzlaf scored his first goal of the year into an empty net.

Offensively challenged Anaheim snapped a three-game losing streak and matched a season-high for goals. THE ASSOCIATED PRESS

### Blues backed by Backes

David Backes had two goals and an assist to lead the St. Louis Blues to a 3-2 victory over the Winnipeg Jets on Monday night.

Vladimir Tarasenko added a goal and an assist to help St. Louis snap a two-game skid.

Dustin Byfuglien and Bryan Little scored for the Jets, who have lost five straight. THE ASSOCIATED PRESS

### Wings down Sens in OT

Tomas Tatar's breakaway goal in overtime gave the Detroit Red Wings a 4-3 win over the Ottawa Senators on Monday night.

Tatar took a pass from Gustav Nyquist and went in alone from the Senators blue line before beating Craig Anderson at 2:04 of the extra period. THE CANADIAN PRESS

### Luck sides with Panthers

Aaron Ekblad scored with 20.2 seconds left to give the Florida Panthers a 1-0 win over the Tampa Bay Lightning on Monday night.

Ekblad shot from the point and the puck bounced in off a defence-man over the shoulder of goalie Andrei Vasilevskiy into the net.

THE ASSOCIATED PRESS

## OILERS

# Injured McDavid refuses to play the blame game



Connor McDavid speaks to media on Monday for the first time since cracking his clavicle. JASON FRANSON/THE CANADIAN PRESS

Connor McDavid won't say if it was clean hockey or a dirty play that cracked his clavicle and disjointed his season.

The 18-year-old Edmonton Oilers rookie was making his first comments Monday on the injury he received two weeks ago in a game against the Philadelphia Flyers.

McDavid was barreling toward the net when he appeared to lose his edge or catch a rut in the ice, spilling him into the end boards with Brandon Manning and Michael Del Zotto, the two Flyers who were draped all

**“It's a fast game. It's hockey. People get hurt.”**  
Connor McDavid

over him.

The injury sparked heated debate among hockey fans and analysts over whether the Flyers grabbed McDavid on the way down or gave him an extra shove into the boards.

Oilers head coach Todd Mc-

Lellan said it looked like a clean but unfortunate hockey play, while outspoken TV commentator Don Cherry said the Flyers took advantage of McDavid's vulnerable position to drive him into the boards.

Which was it, McDavid was asked by reporters Monday: Dirty or clean? "I don't really want to touch too much on that," McDavid replied.

Did you get an extra push on the way down? he was asked.

"I'm not going to comment on that," he said again. "I'm sorry." THE CANADIAN PRESS





John Morris sweeps for teammate Rachel Homan in the Wall Grain Mixed Doubles Curling Classic at the Oshawa Curling Club in Oshawa, Ont., Monday. FRANK GUNN/THE CANADIAN PRESS

# Mixed rinks to debut in Olympics

## CURLING

### Men-women teams coming to 2018 Games

Mike McEwen quickly prepared a sports drink after he got off the ice Monday at the Wall Grain Mixed Doubles Classic curling tournament.

"I'm fuelling up here, I feel like I just had a workout on one side of my body," he said.

The mixed doubles game was a big switch for the Winnipeg skip, who threw and swept stones with wife Dawn

been a refreshing change for many as it requires different strategies, heightened fitness levels and quicker decision-making.

While many curlers have at least dabbled with mixed doubles in the past, Stoughton estimated about half the teams were playing in a tournament for the first time. It's part of the buildup to the March 31-April 3 Canadian mixed doubles trials in Saskatoon and the world championships April 16-23 in Karlstad, Sweden.

McEwen, who's second behind Brad Gushue in the Canadian Team Ranking System,

8

Only eight teams will make up the field at the 2018 Games.

They were joined by a who's who of Canadian curlers, who are taking the discipline more seriously now that it's on the program for the 2018 Winter Olympics.

"The players are enjoying it, learning the new game and having fun with it," said Curling Canada mixed doubles program manager Jeff Stoughton. "They're trying to figure out what to do and that's the whole idea of this is to get these players some game-time experience."

Most players in the 20-team field are usually focused on the traditional four-person game. The mixed doubles format has

rarely sweeps when he plays the four-man game. But he was working the broom hard in an 11-4 victory over Janet and Hugh Murphy.

"It's a lot more learning on the fly," McEwen said. "Getting your heart rate down after you've just swept end to end on your own shot. So it's a very different game, a very different mindset."

There are fewer ends and a tighter shot clock in mixed doubles, so games last only about an hour and a half. There is no skip position and curlers have to leave the hack quickly to catch up to the stone to start sweeping. THE CANADIAN PRESS

## IN BRIEF

### Canada moves up to 7th in basketball rankings

Canada has climbed two spots to seventh on the FIBA combined men's and women's world basketball rankings.

The Canadian women won both the FIBA Americas Olympic qualifying tournament and the Pan American Games in Toronto.

The men were third at their FIBA Americas tournament. THE ASSOCIATED PRESS

### Bangkok race accidentally extended by four miles

An error by race organizers has made Bangkok home to the world's longest half-marathon.

Instead of the typical 21-kilometre run through Thailand's steamy capital, the Standard Chartered Bangkok Marathon on Sunday accidentally extended its annual half-marathon to nearly 28 kilometres.

THE ASSOCIATED PRESS

### Walters' double sends Ireland to Euro 2016

Ireland qualified for next year's European Championship on Monday as Jonathan Walters returned from suspension to score both goals in a 2-0 win over Bosnia-Herzegovina and secure a 3-1 aggregate playoff win.

Walters converted a penalty in the 24th minute then scored his second goal 20 minutes from full time.

THE ASSOCIATED PRESS

### Friendly in Belgium called off

Belgium has called off Tuesday's friendly against Spain because of security concerns.

The Belgian football federation says the decision was taken late Monday after the government recommended that the game not be played.

France has identified a 27-year-old Belgian as the mastermind of the Paris attacks that killed 129 people on Friday. THE ASSOCIATED PRESS

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# Oswelier in as Broncos rest Manning



Peyton Manning on the sidelines against Kansas. GETTY IMAGES

NFL

## Denver coach Kubiak wants to get his QB healthy again

Peyton Manning won't suit up against the Chicago Bears on Sunday. Broncos coach Gary Kubiak is going with backup Brock Oswelier as he tries to get his 39-year-old

quarterback healthy.

Manning is dealing with a variety of ailments, including a torn plantar fascia in his foot, a person familiar with the situation told The Associated Press on Monday. He also has a sore right shoulder and a ribcage injury.

"I'm disappointed that I'm injured," a sombre Manning said at his locker. "I'm disappointed in the game yesterday. I will try to take advantage of this week and try to get to feeling better

and getting healthy."

Kubiak said he met with Manning for an hour Monday morning and told him of his decision — which Manning didn't like.

Manning won't practice this week nor will he suit up against the Bears, when rookie Trevor Siemian will be Oswelier's backup, Kubiak said. Manning will spend lots of time with team athletic trainer Steve Antonopoulos this week. "All the attention is toward getting him healthy,"

Kubiak said. Kubiak wouldn't speculate how long Manning might be out, saying, "our focus is not going past today or the Chicago Bears. We're all in this week as a football team to get better and get ready to go play."

Manning had the worst game of his career Sunday in Denver's 29-13 loss to Kansas City. He completed 5 of 20 passes for 35 yards with four interceptions and had a 0.0 passer rating.

THE ASSOCIATED PRESS

MLB

## Bryant and Correa named top rookies

Chicago Cubs third baseman Kris Bryant was a unanimous pick as NL Rookie of the Year, and Houston Astros shortstop Carlos Correa was voted the AL honour.

Bryant made his debut on April 17 and became an NL all-star. The 23-year-old hit .275, leading big league rookies with 26 homers, 31 doubles and 99 RBIs as Chicago returned to the playoffs for the first time since 2008.

He received all 30 first-place votes for 150 points from the Baseball Writers' Association of America in balloting announced Monday. San Francisco third baseman Matt Duffy was second with 70 points and Pittsburgh infielder Jung Ho Kang third with 28 points.

Correa, the top pick in the 2012 amateur draft, made his debut June 8 and hit .279 with



Kris Bryant and Carlos Correa

THE ASSOCIATED PRESS

22 homers, 68 RBIs and 14 steals, helping the Astros make their first post-season appearance in a decade. The youngest position player in the major leagues, he turned 21 in September.

Correa received 17 firsts and 13 seconds for 124 points. Cleveland shortstop Francisco Lindor was second with 13 firsts, 14 seconds and two thirds for 109 points, and Minnesota designated hitter Miguel Sano was third with 20 points.

THE ASSOCIATED PRESS

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PHOTO: MANA USINTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

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Prep time: 25 minutes

**Serves 4****Ingredients**

- 1 lb chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsps lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder

- 1 cup greek yogurt
- Salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

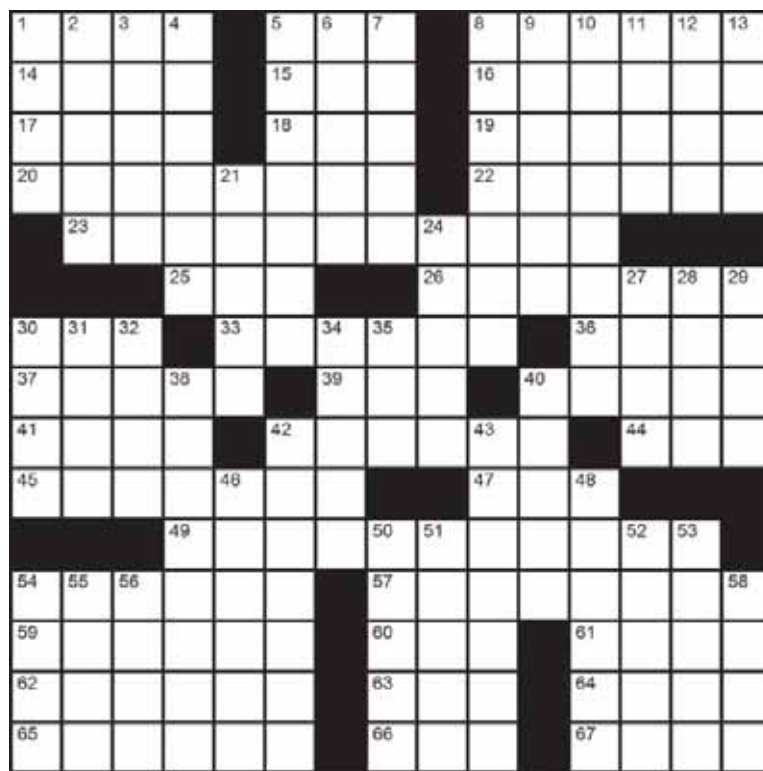
**Directions**

1. Brown the chicken over medium heat in small batches — don't worry about cooking it through. Remove from the pan and place on a plate. Set aside.
2. Sauté the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and add the chicken back. Simmer for about 20 minutes.
3. Turn the heat down and stir in the yogurt. Add the lime juice and salt and pepper to taste. Serve with a good sprinkling of cilantro.

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1. "Who Let the Dogs Out" by \_ Men
5. Tank's filling
8. Thronged
14. Some brand name electronics
15. Old English letter
16. Visiting the Trevi Fountain or Colosseum: 2 wds.
17. Popular painting flower
18. Born, in society notices
19. "Casino" (1995) actress Ms. Stone
20. Puts on the kettle, drops a bag into the cup...: 2 wds.
22. Truthful
23. Stewart \_ (Canadian co-founder of #33-Across)
25. Mystery novelist Ms. Grafton
26. Glow
30. Mr. Diesel
33. Photos-sharing website
36. Switchblade
37. Taylor Swift's "Shake \_"
39. Shoe part
40. The South \_ (Area near Montreal)
41. Neutral tone
42. French animal rights activist Brigitte
44. Hankering
55. Business school for Donald Trump
47. Red Chamber fig.
49. Russian-born Hollywood movie producer who headed MGM and is an honoured



member of Canada's Walk of Fame having been raised in Saint John, New Brunswick: first name + initial + surname

59. Approximately
60. Entries
61. Sea wolf
62. " \_ Nights" (1997) starring Burt Reynolds and Mark Wahlberg
63. Spud-export-prov.
64. 'Neat' and 'Beat'

suffices  
65. Old Testament's Book of \_  
66. 'Heir' suffix  
67. Faxed

**DOWN**

1. Hat part
2. "Don't be such

7. Bundle
8. Get what someone said wrong
9. Waiting to be connected: 2 wds.
10. Wield, as a knife
11. Drill hole
12. Goth music fans
13. Car ding
21. Things
24. Galled
27. Yo! from a yacht
28. Get weary
29. Level
30. Perspective
31. Longing
32. Ms. Ephron
34. Frances \_ (Belleville, ON born writer who is a Member of the Order of Canada. Her bestsellers include Deafening and #51-Down.)
35. \_ anglais (English horn)
38. Soldier's temporary leave
40. Place
42. City in Colorado
43. Gradual method of learning
46. \$2 coin
48. Stockings
50. R.E.M. singer Michael
51. Remembering the \_ (Novel by #34-Down)
52. Spooky
53. \_ ' \_ Roll
54. Pig in the movies
55. Cupid's Greek counterpart
56. Height measurement
58. Brewer's kiln

**★ IT'S ALL IN THE STARS** by Sally Brompton

**Aries** March 21 - April 20  
If there's something about your situation that you don't like there's nothing stopping you from changing it. But first, ask yourself if you really dislike it or if you're just bored.

**Taurus** April 21 - May 21  
Something will happen that catches you by surprise. It may not be an enjoyable one but if you are honest with yourself you'll admit that you needed a kick to get moving again.

**Gemini** May 22 - June 21  
It may feel as if you are running out of time but it isn't true. Time never runs out — there will always be another chance, and another after that, a bit further down the road. Don't put so much pressure on yourself.

**Cancer** June 22 - July 23  
Don't let other people's cautious ways hold you back from trying something new. Taking chances pays off for you more often than not, so follow your instincts.

**Leo** July 24 - Aug. 23  
As a general rule you don't like surprises but what happens next will not only surprise you but please you as well. If you are invited to a social event you must go.

**Virgo** Aug. 24 - Sept. 23  
Look for ways to settle a dispute agreeably today. If you allow it to drag on it may distract you from more important things. Even if you are the one who is owed an apology it will pay you to say sorry yourself.

**Libra** Sept. 24 - Oct. 23  
You won't be able to please everyone today, so decide who is of most importance to you and focus on doing what makes them feel good. Better yet, do what makes you feel good.

**Scorpio** Oct. 24 - Nov. 22  
Give a helping hand with no thought of reward. With the Sun in your sign chances are you don't want for anything but not everyone is as fortunate as you, so spread a little joy.

**Sagittarius** Nov. 23 - Dec. 21  
You want to be dynamic but something seems to be holding you back. Wait until the Sun moves into your sign on the 22nd, then you can be sure that you are doing the right thing and making the right moves.

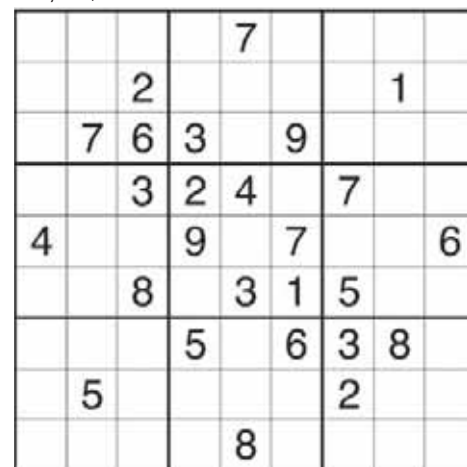
**Capricorn** Dec. 22 - Jan. 20  
It may seem as if certain things are beyond your control. Don't get depressed about it. Life moves in cycles and if you are on a downward curve you'll be on an upward curve soon.

**Aquarius** Jan. 21 - Feb. 19  
All routes lead to your ultimate destination, so don't think you have to change direction if you are not making as much progress as you would like. It's not where you go but what you learn along the way that matters.

**Pisces** Feb. 20 - March 20  
Someone will make you the kind of offer you find hard to believe but if you don't take it seriously you will kick yourself later when you realize that it was on the level.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9



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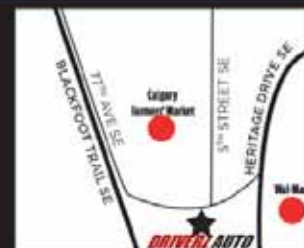
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